OTTAWA C C NEWS WORTH SHARING.



Ontario-born writer wins Booker

Eleanor Catton becomes youngest author awarded the prize with gold-rush murder mystery

I want to jump in a lake (naked)

The Skinny Dipping Report has got you covered for all your nude-swimming news



H & OH MY, IT'S FINALLY ARRIVED

At long last, H&M is in the nation's capital. A clearly pleased Zara Ansar carries out her purchases in two large bags during a special by-invite-only event at Bayshore Mall on Tuesday night. Story, page 4. MIKE CARROCCETTO/FOR METRO

'I didn't think he was going to die': Accused

Swan trial.

Victim's parents leave courtroom as alleged murderer speaks of regret for shooting



JOE LOFARO joe.lofaro@metronews.c

Shooting Michael Swan was a "jerked" reaction and was never part of the plan during an early-morning home invasion, a man accused of first-degree murder testified on Tuesday.

murder testified on Tuesday.

Kristopher McLellan, 24, took the stand for the first time to speak in his own defence about the events of Feb. 22, 2010, when he and his friends Dylon Barnett and Kyle Mullen broke into Swan's home on Moodie Drive.

McLellan's lawyer told the jury his client's plan was to, "steal money, steal drugs, go home," and he asked them to find McLellan guilty of the lesser offence of manslaughter.

"I seen a hole in his shirt.

I didn't think he was going to die," testified McLellan.

He told the jury he pointed a gun at Swan when he asked him for his drugs and money. Swan, 19, made a movement causing his body to hit McLellan's gun, the accused testified.

"I didn't even feel like I pulled the trigger at all," he said. "His body hit the gun and I didn't want to drop it so I squeezed the handle and it fired."

He said he brought Swan's girlfriend and three of the victim's friends to the basement while he and the other co-accused stole marijuana, money, laptops and video games.

He said that a couple of hours later, after he was arrested by the OPP on the 401, he was shocked to learn Swan had died.

"I didn't think something that seemed so easy could go so wrong," testified McLellan.

He added that he feels "really bad" for Swan's family and girlfriend.

"I know I did something wrong being there and I know I'm going to spend a lot of time in prison," said McLellan.

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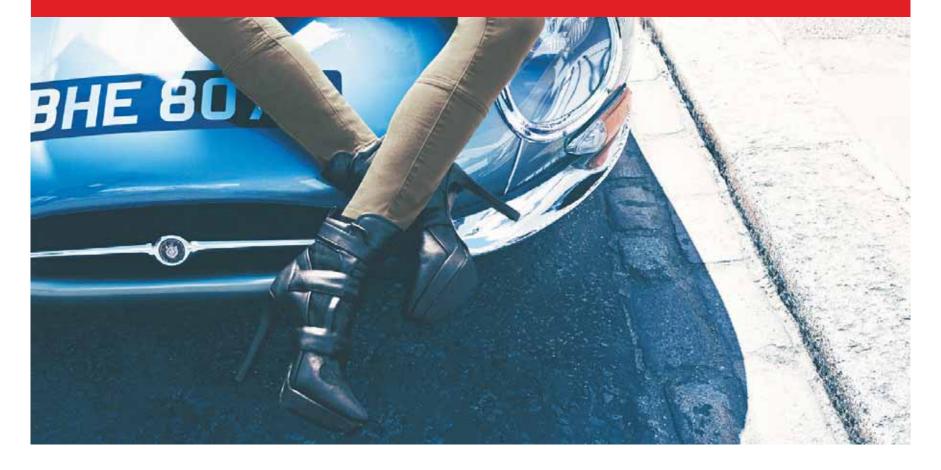


H&M

THE WAIT IS FINALLY OVER!

We will be opening our first location in Ottawa at Bayshore Shopping Centre on October 17th at noon.

The store will be filled to the brim with fashion and quality at the best price for the entire family. See you soon!



metronews.ca Wednesday, October 16, 2013

NEWS
0

Aging pipes

Third water-main break in 2 weeks in the east end

Part of a water main along Innes Road broke Tuesday, leaving traffic rerouted and affecting the water supply of hundreds of people. According to city staff, Ottawa typically gets 300 watermain breaks each year.

"It's no one's fault," said Tammy Rose, manager of drinking-water services. "They don't break without warning, especially metal pipes."

This particular pipe was installed in the 1970s.

"Metal pipes start to corrode as soon as you put them in the ground," said Rose, an engineer. The city uses cathodic protection, a technique used to slow down corrosion of metal surfaces. Pipes also break sometimes from corrosive soil. This pipe last broke in 1992, Rose said.

The cause of the most recent break has yet to be confirmed. With winter coming, temperature affects pipes, especially when it drops quickly, Rose said. December through February remains the peak period for breakages.

With a separate budget for emergency repairs, city council continues to prioritize repairing water mains as they break, Rose said.

The Ontario Municipal Benchmarking Initiative has a performance measure for water-main breaks. Currently it is nine breaks for every 100 kilometres. Last year, Ottawa came in at 8.5.

"There's nothing unique about the east end," Rose said, adding water mains in Old Ottawa South are older, dating from the late 1800s to early 1900s. MOLLY AMOLI K. SHINHAT/FOR METRO



Pixels for Pistols takes 226

guns off streets in a week

Campaign.

On average, 30 guns are being picked per day by police, to be melted down later

MOLLY AMOLI K. SHINHAT

OTINHAI
ottawa@metronews.c

Ottawa's Pixels for Pistols gun-amnesty program is already racking up some impressive numbers, police say.

The first week of the 14day drive saw 226 firearms surrendered to the Ottawa Police Service (OPS) in exchange for digital Olympus cameras and training certificate from Henry's worth about \$175.

"The amnesty covers any guns," said Staff Sgt. Mark Patterson of the guns and gangs unit. He gave Metro Ottawa a tour of part of the weapons collected so far. Of the 226, 165 are rifles, 46 are handguns and 15 are replicas or air guns. No restricted weapons like sawed-off shotguns, full automatic or machine guns have been turned in yet.

OPS' last gun amnesty lasted four weeks in 2008.

Some 254 rifles and 58 handguns were turned in then, for a total of 321.

"It's a sign of the times," Patterson said. "There are more shootings here, and people with unused guns at home want to get rid of them."

The digital camera is a bonus, he said.

Typically, the guns are associated with legal activities like hunting but are not used anymore, Staff Sgt. Patterson said. Break-and-enters can be motivated by weapons theft, he added.

The amnesty grants immunity from some charges

around licences, but if after checking serial numbers and ballistic testing the weapon is connected to another crime, the individual will not receive the gift certificate and registered letter acknowledging receipt under amnesty, Patterson said. The crime will be fully investigated.

Firearms must not be taken in to any police station and they cannot be taken in to Henry's.

To turn in a firearm, people should call police between 7 a.m. and 2 a.m., at 613-236-1222 extension 7300. Police will visit participants to pick up the guns.



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WestJet Vacations Sale: *Book by October 17, 2013 [11:59 p.m. MT]. Round-trip from Ottawa. Other departure cities and dates available for travel from October 26, 2013 - February 7, 2014, prices may be higher. Blackout dates from November 7-12, 2013 & December 17, 2013 - January 6, 2014. Price is per guest, based on double occupancy unless otherwise specified. Limited quantities available. Advertised fares are based on non-stop flights. Sale on vacation packages varies by destination and travel date. Sale on vacation packages are discounted by a reduction in the price of the air component of the package. Taxes and fees not included. Taxes for Mexico and Caribbean destinations can fluctuate based on exchange rate. Fuel surcharge between \$44 - \$90 round-trip still applies to Air Miles™ redemption bookings. Transfers not included unless otherwise specified. Advance booking required. Non-refundable. Offer limited and subject to availability. Price is accurate at time of printing deadline. New bookings only. Visit westjetvacations.com/seat-sale for full seat sale details. Ontario travel agents are covered by TICO. Mailing address: 6085 Midfield Road, Toronto, ON L5P 1A2. TICO registration number: 50018683.

Eclectic fashion of Danish singer well suited to store launch

H&M. Hip yet affordable — just Oh Land's style

DENIS ARMSTRONG

ottawa@metronews.

Danish singer and songwriter Oh Land wears her creativity on her sleeve. Literally.

Whatever's going in her exuberant, playful synth-pop usually makes its way into her wardrobe as well.

With her third album Wish Bone climbing the charts, Oh Land, 29, stopped in Ottawa to perform at the media launch of the new H&M store in Bayshore. The store opens to the public Thursday at noon.

It's a natural setting for

the fashion-forward pop star. It was also her only gig for the Swedish-based retailer and her first Ottawa appearance.

"I like to look confused, like I have no look," laughs the singer, whose real name is Nanna Oland Fabricius.

"I like mixing colours and patterns with lots of contrast. Fun clothes. I like H&M because they're so on top of tendencies coming from big designers, but they're affordable. It disgusts me to spend too much on clothes."

She is the perfect spokesperson for H&M, the fashion retailer catering to 20-something fashionistas on a tight budget.

Oh Land grew up listening to her father's church organ music, her mother's opera, Louis Armstrong, Rachman-



inoff and The Beatles. She studied ballet for years before becoming interested in serious electronic music. She switched gears, got into pop and released her first album, Fauna, in 2008.

metronews.ca Wednesday, October 16, 2013

She's appeared on The Late Show With David Letterman and Jimmy Kimmel Live, and has opened for Katy Perry's California Dreams Tour in 2011.

Wish Bone, for her, is an opportunity to strip away the things that she's hidden behind on previous releases and stand forth as her own musician, she says.

"For me there's always a tension between the technology and emotion in music. Melodies are big emotions and my songs are so personal. I get so overwhelmed by feelings that I can't tell the difference between humour and tragedy."

Will H&M be worth 10-year wait?

H&M opens its first Ottawa store at Bayshore Shopping Centre Thursday, and for Ottawa's fashion-forward, budget-conscious shoppers, it's been a long time coming.

The Swedish retail juggernaut had to wait nearly 10 years for a location big enough, says H&M spokesperson Emily Scarlett.

"Ottawa's been at the top of our Canadian wish list since 2004," she explains, "but we couldn't find the right location with a minimum 20,000 square feet of retail space until the old Zellers space at Bayshore came up. It's been a long wait, but we need a space that big.

"There's been a high demand from customers to bring a store here, and so far we're getting an amazing reception."

More than 500 VIPs, including Ottawa Sports and

Opening

H&M opens Thursday Oct. 17 at noon. The first 500 shoppers will receive an access pass for a coupon worth \$10 to \$300 off the purchase price.



Entertainment's Jeff Hunt and fashion consultant Sid Cratzbarg, turned up for Tuesday's media opening to sip sparkling wine and get a headstart on their shopping for chinos, sweaters and pink boots for the kids.

"It's been frustrating going to Montreal or Toronto to see clothes like this," said guest Winnie Irangabiye. "It's about time H&M came here. You expect better from the capital city.

"This brings shopping up a notch," agreed Brandee Broderick. "I'm impressed with the layout of the store and the consumer-friendly prices."

Driving H&M's sales is a combination of young style, aggressive pricing and global marketing. The average price point is \$19.95 and stock is refreshed daily. Affectionately described as "the Ikea of fashion," H&M's worldwide chain of 3,000 stores in 53

countries is a popular choice with budget-minded shoppers, primarily women 18 to 35.

It's become such a global retail phenomenon that even celebrity designers such as Karl Lagerfeld, Giorgio Armani and Isabel Marant have designed discounted lines for

The Bayshore location is H&M's 64th location, and will add 80 retail jobs to the region. Denis Armstrong/for METRO

Credibility a key concern as hospital sex-assault trial closes

Jury deliberates.

Defence throws doubt on shifting testimony of the alleged victim



LOFARO

Just before a jury started deliberating in the trial of a hospital security guard accused of sexual assault, a judge reminded the jurors that credibility will be a "live issue" for them after the alleged victim changed her version of events.

The accused is 43-year-old Clinton Russell, accused of forcing a female patient to perform fellatio on Dec. 23, 2011, at the Ottawa Hospital.

Russell has pleaded not guilty to sexual assault and

"You will decide whether her story is believable."

Justice Monique Métivier, to the jury

sexual exploitation.

The alleged victim suffers from an intellectual disability known as Williams Syndrome and has the mental age of a person between the ages of seven and 12 years old.

The jury heard she changed her initial story in a preliminary hearing in 2012 when she told a judge she lied about the sexual assault.

However, during a police interview on May 28, she told the officer she lied about lying. The jury watched a video in which she told a cop she lied because she was "frustrated" with being questioned by Russell's lawyer, Îan Carter.

In summarizing Carter's closing remarks, Justice Monique Métivier reminded jurors that he argued the woman's evidence was filled with inconsistencies - and as such "it is impossible to determine what is true and what is

Métivier also reminded jurors there was no DNA evidence found in the woman's mouth, on a chair or in the room in which the alleged sexual assault took place.



Senior struck and killed

Local police investigate a fatal collision on Woodroffe near the intersection with Knightsbridge Road on Tuesday. An elderly female pedestrian was killed at around 1 p.m., just north of Carlingwood Mall, MIKE CARROCCETTO/FOR METRO

Impaired driving

Tow-truck driver responded to cop call drunk: Police

A vehicle headed east on Highway 417, near Eagleson Road, was stopped by police for stunt driving on Saturday at about 8:37 a.m. A tow-truck driver called to the scene to remove the car allegedly showed up drunk.

Gary Hamilton, 43, of

Stittsville, has been charged

with impaired driving.

"It's very rare," said OPP Const. Rhéal Levac. "These are professional drivers who know they are driving to a scene where police will be present.

Hamilton's licence has been suspended for 90 days. If found guilty, that could be extended considerably, and Hamilton would lose the ability to do his job for some time.

MOLLY AMOLI K. SHINHAT/FOR METRO

Robbery

Postal worker held up at knifepoint

A female Canada Post employee was robbed on Oct. 3 by two men, and police want the public's help in solving the crime.

The postie was robbed at around 3:10 p.m. in the lobby of a building situated along the 1400 block of Heron Road. The victim entered the building and sensed two men

walk in behind her.

The pair stopped her from leaving. One brandished a knife and demanded her phone and wallet.

The men are described as black and age 20 to 25. One was six feet tall, 200 pounds and wore a baseball cap and a red-and-black checkered jacket. The other man was thin, five feet eight inches tall, may have had dreadlocks and wore a black baseball cap, a shiny black jacket and black pants. METRO

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Skyhawks swoop into town and land in training camp

NBL Canada. The ingredients of a great team are here, says newly-hired head coach Kevin Keathlev

CARROCCETTO

The tip-off to the NBL Canada regular season is just two-and-a-half weeks away.

But the training camp for the Ottawa SkyHawks, the city's first ever pro basketball team, is just into its second day.

Fifteen players, including number one overall draft pick Alex "Superman" Johnson, of Toronto, were put through the paces during a very upbeat practice session Tuesday morning at the YMCA in Orleans.

There was lots of shooting, jumping and running. And more running.

SkyHawks newly hired head coach Kevin Keathley, 36, a two-time championship coach who hails from the state of Kentucky, says there will be lots of run-

ning.
"We're a young team, an athletic team, a versatile team ... and I'm not saying we're going to run all day, but (our players) will be in shape," says Keathley.

Which probably means his players won't be eating much poutine - unlike Keathley on his very first day in Ŏttawa.

Keathley said he was shepherded from the Ottawa airport to the Real Sports Bar and Grill, where he was given a quick introduction to "Ottawa's favourite foods."

"We tried french fries, cheese, and gravy," he re-

Bringing the SkyHawks "ingredients" all together quickly will be just as important.

The SkyHawks camp lasts only until the 25th, so the coaches and players will have to get up to running speed — and gel as a team

 quickly.
 The roster will be trimmed to 10-12 guys as early as the weekend, says SkyHawks owner Gus

There will be a couple scrimmages and, next week, two exhibition games against league rivals.

The NBĽ Canada league has 9 teams scattered across southern Ontario and out east to the Maritimes.

Eight of the 9 teams make it into post-season play, so the goal will not only be that, but to be competitive, night in, night out.

Keathley feels his squad has the skill and talent



Tuesday. MIKE CARROCCETTO/FOR METRO

The SkyHawks first ever game is Šaturday, November 2, against the Windsor Express at Canadian Tire

For coach Keathley, fastbasketball is the french fries.

Wins will be the cheese. And come March, Keathley hopes, an NBL championship will be the gravy.



"We're a young team, an athletic team, a versatile team ... and I'm not saying we're going to run all day, but (our players) will be in shape."

Ottawa SkyHawks head coach Kevin Keathley

New bus ramp to end traffic jams after Sens games



Ottawa West-Nepean Bob Chiarelli, Ottawa Transit Commission chair Diane Deans and Stiottsville Ward Coun Shad Qadri. SEAN MCKIBBON/METRO

Despite a recently rocky relationship between the City of Ottawa and Ottawa Senators owner Eugene Melnyk, team officials and city councillors buried the hatchet Tuesday to announce the opening of a new bus ramp that promises to shave travel times for fans leaving Senators games.

Constructed at a cost of \$750,000, with the city kicking in \$250,000 and the province \$500,000, the new ramp leads out of the Canadian Tire Centre parking lot and directly on to Highway 417. The Senators spent about \$150,000 on the "soft costs" of the project, such as environmental assesments.

The new ramp — which will be ready for the Sens' first home game Thursday night will turn a 20 minute wait into two minutes, said Ottawa

Transit Commission chair Diane Deans.

"Providing a transit service that is safe, reliable, and efficient is a top priority for the City of Ottawa. This new busonly ramp ... is yet another excellent example of an infrastructure project that puts that priority into practice," said Deans. She said the improved wait time will encourage more people to take transit to games and other events and will mean people won't have to sneak out of games early to try to beat the rush.

"This ramp will enhance the guest experience for fans," said Cyril Leeder, President of Senators Sports and Entertainment as he thanked both the city and the province for helping to make the project a

SEAN MCKIBBON/METRO

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NEWS

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Playing a game of thrones

In a speech from the throne Wednesday, the Tories will be driving ahead with their jobs and tough-on-crime agendas while steering slightly to the left to pick up passengers on the social and consumer-issues track. Several consumer-friendly measures are aimed at turning the attention of voters away from the Senate spending controversy.

THE CANADIAN PRESS

Relief ahead for cable, satellite TV subscribers?

The sales pitch will include measures directed at alleviating consumer irritants, such as a plan to force cable and satellite TV providers to adopt a pick-and-pay





The friendly skies could get even friendlier

The Tories also hope voters will appreciate moves to create an airline-passenger bill of rights, designed to compensate people who are inconvenienced when air carriers overbook flights.

Reining in those roaming fees

There will also likely be references to increasing competition in the wireless sector and to capping roaming fees.

"We think roaming fees have been a long-standing concern for not only consumers but for competition within the telecom sector," Industry Minister James Moore said.





Will #thronespeech be a trending topic?

The Conservatives already have a website and Twitter hashtag set up to bring Canadians highlights from the throne speech under the banner "Seizing Canada's Moment — Security and Prosperity in an Uncertain World"

Trudeau: You can't trust the Tories

The opposition is sure to take advantage of the optics. The Tories, says Liberal Leader Justin Trudeau, cannot be trusted to do any of the things they'll promise in the speech.



Border Patrol. Canadian teenagers lead U.S. police on a high-speed chase

Two Canadian teenagers stole three vehicles and led officers on a high-speed chase in which two U.S. Border Patrol vehicles were damaged and shots were fired before the teens were apprehended, U.S. authorities alleged Tuesday.

Stephen McCausland, of the Maine Department of Public Safety, said a 16-year-old boy and a 13-year-old girl were arrested late Monday after abandoning a stolen truck and attempting to flee down a steep embankment next to Route 27.

Const. Darcy Nichol, of the Killaloe detachment of Ontario Provincial Police, said the incident began Sunday night around 9 p.m., when a male youth stole a vehicle in Eganville, Ont., about 100 kilometres west of Ottawa.

In Maine, the teens were in another stolen car when they drove past the U.S. Border crossing at Coburn Gore, prompting a pursuit that topped 160 kilometres per hour and a collision with two Border Patrol vehicles, McCausland alleged.

The boy was charged with eluding an officer, passing a roadblock and aggravated criminal mischief, according to the Morning Sentinel newspaper.

THE ASSOCIATED PRESS

SAIG THE ASSOCIATED PRESS

Inert hand grenades found near courthouse

Sarnia, Ont.

A federal building in Sarnia, Ont., was evacuated Tuesday morning after staff found a package containing hand grenades.

Police cordoned off the building for nearly two hours before determining the grenades were inert.

A provincial police team of explosives experts was dispatched from London, but turned around when it was found the devices were non-explosive.

Coast Guard employee Lisa Kernohan says an official from Canada Post evacuated all of the federal government departments, including the Coast Guard and Transport Canada.

Ontario-born Eleanor Catton wins Booker Prize for fiction



IOEL RYAN/INVISION/THE ASSOCIATED PRESS

The Luminaries. Catton becomes the youngest writer to win the award, for her ambitious, epic 19th-century gold-rush murder mystery

Youth and heft triumphed at the Booker Prize on Tuesday, as 28-year-old Ontario-born, New Zealand-based author Eleanor Catton won the fiction award for The Luminaries, an ambitious 832-page murder mystery set during the 19th-century.

The choice should give heart to young authors of oversized tales. Catton is the youngest writer to win the prestigious award — and her novel is easily the longest Booker champion.

Quoted

"It is experimental ... but does not by any means neglect the traditional virtues of storytelling."

Writer Robert Macfarlane, who chaired the judging panel, on The Luminaries.

In her acceptance speech, she thanked her editors, her agent and her publishers for not putting pressure on her while writing her novel.

"I was free, throughout, to concern myself with questions not of value but of worth. This is all the more incredible to me, because The Luminaries is and was ... a publisher's nightmare," she said.

"The shape and form of the book made certain kinds of editorial suggestions not only mathematically impossible but — even more egregious astrologically impossible."

Catton had been bookmakers' joint favourite among the six prize finalists, alongside British novellist Jim Crace, for his rural parable The Harvest

She also beat Ireland's Colm Toibin, Indian-American writer Jhumpa Lahiri, Zimbabwe's NoViolet Bulawayo and B.C.based author Ruth Ozeki.

Catton received her trophy, which comes with a 50,000-pound (\$83,000) cheque, from Camilla, the Duchess of Cornwall, during a dinner ceremony at London's medieval Guildhall.

THE ASSOCIATED PRESS

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Mom blames jail birth after death

Gionni Lee Garlow.

Young boy born in area prison suffered from poor respiratory health

The mother of a baby born at the Ottawa-Carleton Detention Centre last year and who died this past weekend, believes her son's ongoing respiratory problems were connected to the circumstances of his birth.

Two days after the death of her 13-month-old son, Julie Bilotta says she believes little Gionni Lee Garlow's ongoing respiratory problems were connected to the circumstances of his birth.

An autopsy has yet to determine why Gionni died Sunday morning, but Bilotta said Tuesday he suffered health problems from the moment he was born on a cement jail-cell floor at the Ottawa-Carleton Detention Centre on Sept. 29, 2012.

"Things were really horrible from the beginning," she said. When the youngster was born he suffered breathing problems — he was in a neonatal intensive-care unit and attached to breathing machines for the first weeks of his life. Bilotta needed a blood transfusion when he was born.

Guards at the detention centre are alleged to have ignored her pleas that she was in labour until it was too late to go to hosnital

As recently as two weeks ago the youngster had laboured



breathing, and his mother took him to their family doctor, who said Gionni had a viral infection

and prescribed Tylenol.

His temperature went down, but he never fully re-

covered, said Bilotta, who lives in a Cornwall apartment with the boy's father, Dakota Garlow 27

The youngster's father heard the boy whining early in

the morning this past Sunday and attended to him, but he was unresponsive. Both parents tried CPR and called an ambulance around 5 a.m. When the police arrived they did CPR, as did a firefighter, but to no avail.

The child was pronounced dead later that day.

The results of the coroner's investigation into the sudden death will not be known for

several months.

Cornwall police are assisting the coroner's office in the investigation but say it is not currently a criminal matter.





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Feds failing missing women: UN official

Disappearances of aboriginal women.

Feds have so far refused to entertain the idea of an inquiry

The federal government should set up a national inquiry into the "disturbing phenomenon" of missing and murdered aboriginal women, a senior UN rights official said Tuesday.

James Anaya, the UN special rapporteur on the rights of indigenous peoples, has spent the last nine days touring the country, talking to aboriginals and both federal and provincial government officials.

And while governments across Canada have pledged

Quoted

"Canada faces a crisis when it comes to the situation of indigenous peoples of the country."

James Anaya, the UN special rapporteur

a number of steps to deal with the problem of missing

aboriginal women, it's not enough, Anaya said in Ottawa as he wrapped up his visit.

There has been strong pressure from aboriginal groups and some provinces for an inquiry into the disappearances. The Native Women's Association of Canada estimates there have been more than 600 such cases in the last 20 years.



TransCanada

San Diego scandal

Ex-mayor pleads guilty to battery, false imprisonment

Former San Diego Mayor Bob Filner pleaded guilty Tuesday to charges involving unwanted physical contact with three women at public events under an agreement that calls for three months of home confinement and three years of probation.

Filner resigned in August after women came forward with accounts of sexual harassment.

One false imprisonment count involved a woman restrained against her will at a fundraiser. Two counts of battery involved a woman who was kissed without permission and a woman whose buttocks were grabbed.

THE ASSOCIATED PRESS

Florida suicide

Two girls charged in cyber-bullying of 12-year-old

Two girls have been arrested in the death of a 12-year-old central Florida girl who authorities say committed suicide after being bullied online by several girls for nearly a year, a sheriff said Tuesday. The girls, ages 12 and 14, have been charged with felony aggravated stalking, says the Polk County Sheriff's Office.

Authorities say Rebecca Sedwick, on Sept. 9, climbed a tower at an abandoned concrete plant and hurled herself to her death. The bullying began over a "boyfriend issue," and Rebecca had become depressed, Sheriff Grady ludd said.

THE ASSOCIATED PRESS

"What are the economic benefits?" According to an independent study by Deloitte & Touche, the Energy East Pipeline project will create an estimated

2,200 direct full-time jobs in Ontario in the first six years alone. Fully funded by TransCanada, the project will also generate an estimated \$13 billion for Ontario's economy, \$3.5 billion in provincial government tax revenues and countless other business opportunities. Do you have questions about the economic benefits

of Energy East? We have your answers at

EnergyEastPipeline.com

pipelines and power infrastructure safely and reliably

TransCanada is a Canadian company with over 60 years of experience building

Miriam Carey laid to rest

Amy Carey-Jones leaves the funeral chapel after a service for her sister, Miriam Carey, in the Brooklyn borough of New York, Tuesday. Miriam was shot to death by police after trying to ram her vehicle through a White House barrier. The dental hygienist from Stamford, Conn., is survived by her one-year-old daughter, who was in the vehicle during the Oct. 3 car chase through the streets of Washington. Carey had been diagnosed with postpartum depression and psychosis. Authorities say she believed U.S. President Barack Obama was monitoring her electronically. SETH WENIG/THE ASSOCIATED PRESS

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DUCTIVITY AT WORK?

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A SKINNY DIPPER'S GUIDE TO THE GALAXY

Typically regarded as a booze-induced mistake, naked swimming has recently made strides toward respectability thanks in part to the Skinny Dipping Report, a New York startup that produces a website and calendar using artistic images from around the world. It also provides location tips and other advice. The SDR's Chelsea Campbell and Lauren Christianson told us more.



Are you worried that a guide to skinny dipping ruins some of the mystery?

C.C.: We're not literally guiding people. It's more like a starting point that people can use to access exotic and far-flung places. We provide stories and information but it's also a funky art piece that you could just use for wallpaper.

Is the threat of getting caught part of the experience?

L.C.: Yes, I think it is part of the fun. But you can choose to visit more private places

that give you the freedom not to have to jump in and out, and you can relax without being scared of getting

How much trouble do your subjects get into?

L.C.: In our experience, authorities don't care much about skinny dipping. If you do it at night when there are no families around, you're normally just told to go on your way.

C.C.: One of the best photos is of a guy smoking in the water in Russia, and he couldn't share his full name or many details because it was a private compound.

L.C.: Actually New York can be a risk too, because

CTOBER 17-20 | 2013

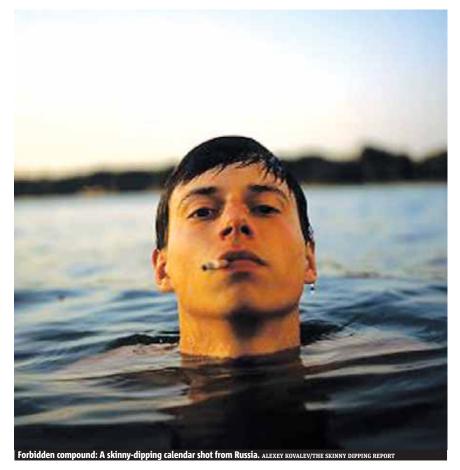
people dip in places like water towers and ware-

Do you host grand skinnydip parties?

L.C.: Not yet, but we are weighing whether that fits the core values of it being personal and spontaneous. We have been with friends and we are planning something bigger.

Is there a type of person that likes this — or do you get surprise converts?

L.C.: The type has many forms. It's the type that loves life and wants to create memories, to enjoy every moment and be a part of



Media. New York Times goes global in digital era

rebranded its Paris-based daily, the International Herald Tribune, as the International New York Times, a bid to lure readers abroad amid the upheaval of the digital era facing traditional newspapers.

Executives say the rechristening Tuesday aims to get the most out of its brand, and complete a gradual fusion of the newspapers' editorial staffs in recent years. The Times took control of the IHT a decade ago by buying the stake of its co-owner, the Washington Post.

the Herald Tribune — with a print circulation of 224,000

The first edition of Tuesday

sale at a newsstand in Paris, Tuesday.

REMY DE LA MAUVINIERE/THE ASSOCIATED PRES

Privacy

NSA tapping into contact lists: Report

The National Security Agency has been sifting through millions of contact lists from personal email and instant-messaging accounts around the world — including those of Americans — in its effort to find possible links to terrorism or other criminal activity, according to a published report. THE ASSOCIATED PRESS

Labour

Haitians being cheated: Group

A labour-rights group is accusing clothing manufacturers in Haiti of frequently cheating workers out of their meagre wages by skirting the minimumwage laws

The U.S.-based Worker Rights Consortium says workers receive an average of 32 per cent less than what they should under the minimum

Haiti's minimum wage for experienced garment workers is just under 90 cents US an hour. THE ASSOCIATED PRESS





Gigantic oarfish a rare find

The legend continues.

According to research institute, the discovery is the longest bony fish in the world

A marine science instructor snorkelling off the Southern California coast spotted something out of a fantasy novel: the silvery carcass of an 18-footlong (five-metre-long), serpentlike oarfish.

Jasmine Santana of the Catalina Island Marine Institute needed more than 15 helpers to drag the giant sea creature to shore on Sunday.

Staffers at the institute are calling it the discovery of a lifetime.

"We've never seen a fish this big," said Mark Waddington, senior captain of the Tole Mour, CIMI's sail training ship. "The last oarfish we saw was three feet long."

Because oarfish dive more than 3,000 feet (914 metres) deep, sightings of the creatures are rare and they are largely unstudied, according to CIMI.

The obscure fish apparently died of natural causes. Tissue samples and video footage were sent to be studied by biologists

Something is fish



- The carcass was on display Tuesday for students studying at CIMI.
- It will be buried in the sand until it decomposes and then its skeleton will be reconstituted for display.

at the University of California, Santa Barbara.

Santana spotted something shimmering about 30 feet (nine metres) deep while snorkelling during a staff trip in Toyon Bay at Santa Catalina Island.

"She said, 'I have to drag this thing out of here or nobody will believe me.'" Waddington said.

believe me," Waddington said.

After she dragged the carcass by the tail for more than 75 feet (23 metres), staffers waded in and helped her bring it to shore. THE ASSOCIATED PRESS

Shrine's festival is weight on their shoulders

Japanese Shrine Parishioners of Usazaki shrine carry their Yatai (portable shrine) during a parade as part of the Nada No Kenka Matsuri (Nada Fight Festival) at Matsubara on Tuesday in Himeji, Japan. Each Yatai weighs approximately two tonnes. The parade is the highlight of the shrine's Autumn Harvest Festival and attracts roughly 100,000 people. Buddhika Werrasinghe Getty IMAGES

Schwarzenegger offends

Arab moviegoers left looking for Escape Plan

Moviegoers in the United Arab Emirates saw the screen turn black as frazzled officials broke up the screening of Sylvester Stallone and Arnold Schwarzenegger's latest action flick after a character was heard cursing in Arabic. The National, a statebacked newspaper, reported Monday that the Dubai Media Council asked theatres in the Emirates to halt the screening of the Escape Plan.

Authorities quickly censored the bad words out of the film, and the revised version was back in theatres within hours. The movie features Stallone and Schwarzenegger trying to escape from a futuristic, fortified prison. The ASSOCIATED PRESS

Protest erupts in Italy

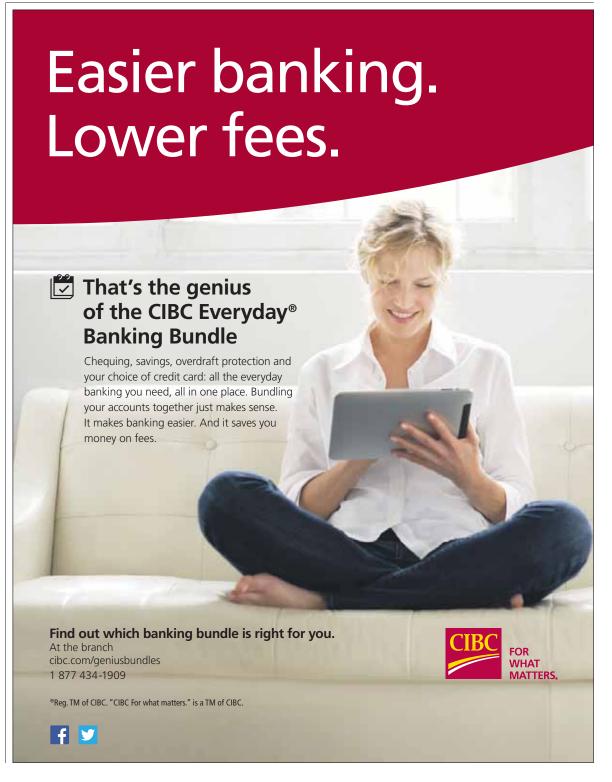
Nazi war criminal's funeral called off

The bitterly protested funeral of Nazi war criminal Erich Priebke was called off hours after it was to have taken place Tuesday by his lawyer, who said police prevented friends and family members from attending amid a noisy protest against the planned ceremony.

Shouting "murderer" and

"executioner," hundreds of people jeered as Priebke's coffin arrived for the funeral mass to be celebrated by a splinter Catholic group opposed to the Vatican's outreach to Jews. Protesters even heckled a priest arriving at the gates, yelling, "Shame." But Priebke's lawyer Paolo Giachini said the funeral did not take place "because authorities did not allow people to enter who wanted to come in."

THE ASSOCIATED PRESS



metronews.ca Wednesday, October 16, 2013 metr⊕

Quake damages roads and bridges; rescue difficult

Philippines.

Archipelago situated in Pacific 'Ring of Fire,' where quakes occur frequently

The death toll from a 7.2-magnitude earthquake that struck the central Philippine island of Bohol on Tuesday rose to 93, as rescuers struggled to reach patients in a collapsed hospital. Centuries-old stone churches crumbled and wide

OTTAWA, CANADA

Fears of a tsunami

strong."



The quake struck at 8:12 a.m. and was centred about 33 km below Carmen city,

areas were without power.

The highest number of dead - 18 - was in Loon, west of Carmen, where patients were trapped inside the Congressman Castillo Memorial Hospital, which par-

collapsed.

tially collapsed.

lost its bell tower.

President Benigno Aquino III will travel to the area on Wednesday. Offices and schools were closed for a festival, which may have saved lives. The associated press

where many small buildings

were reported damaged,

making rescue operations dif-

ficult. Historic churches dat-

ing from the Spanish colonial

Among them was the 16th-century Basilica of the

Holy Child in Cebu, which

period were badly damaged.

Many roads and bridges

Tinderbox Egypt. Security tightened during Muslim holiday



Tanks stood at intersections and roadblocks cut main thoroughfares in Egypt on Tuesday, as authorities tightened security during the annual Muslim Eid al-Adha holiday amid continued deadlock between supporters of the ousted Islamist president and the military-backed interim government.

Troops sealed off Cairo's central Tahrir Square with

rows of armoured vehicles and barbed wire, hoping to thwart any new attempt by supporters of Mohammed Morsi to enter. In recent weeks, they have tried to storm the plaza, the birthplace of the 2011 uprising that forced Hosni Mubarak out. The government has launched a major crackdown on the Muslim Brotherhood. THE ASSOCIATED PRESS

Ethnic Russian tensions

276 protesters detained

Moscow police on Tuesday detained 276 people who were protesting the stabbing death of an ethnic Russian man. Authorities said a suspect had been arrested.

The killing has raised tensions between ethnic Russians and natives of the predominantly Muslim Caucasus, many of whom have migrated to big cities.

The suspect is from the Caucuses nation of Azerbaijan.

Russia's Investigative Committee said in a statement Tuesday that the suspect, 30-yearold Orkhan Zeynalov, was detained in a town outside Moscow. Investigators did not say what evidence pointed to his involvement in Saturday's slaying.

Tensions have long simmered between ethnic Russians and natives of the Caucasus and violence has grown more common. THE ASSOCIATED PRESS

Vilma Yorong, a government employee in Bohol. Yorong ran up a mountain, afraid a tsunami would follow the earthquake. But the quake was centred inland and did not cause a tsunami. MITSUGI KIKUCHI JAPANESE STYLE PAINTING EXHIBITION Free admission Auditorium, Embassy of 255 Sussex Drive, OM

"We hugged trees because the tremors were so



Embassy of Japan: 613-241-8541

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metronews.ca Wednesday, October 16, 2013 BUSINESS 15

One more reason to go for that popcorn at the movies

Get those M&M's too.

'Oral interference', from chomping to chatting, blunts the power of promos, a new study finds



KIERON MONKS Metro World News in London

Eating popcorn makes you insensitive to advertising in cinemas, as "oral interference" disrupts our ability to learn brand names, claim researchers at the University of Cologne. Test groups who had been eating remembered nothing compared to a group who had not, said study author Dr. Sascha Topolinski, who enlightened us further.

Please explain this mysterious process.

The mouth automatically

vocal speech when we encounter novel names, which is how a brands embeds itself. But if you are eating something, your mouth cannot train with the word. In our case it was popcorn.

So if my mouth does the remembering, why am I so bad with names?

My last name is difficult so I understand, but people who are bad with names often are suffering



IMAGE: METRO WORLD NEWS

interference. Try to keep your mouth free in future.

Can I ignore advertising everywhere by chewing at the right times?

It could work — say by chewing gum to avoid TV commercials and Internet banners. Our subjects quite enjoyed the cinema adverts without being able to remember anything about them.

So it works with all foods?

Yes and by vocal interaction like chatting, even smoking a cigarette would have that effect.

Are you worried that advertisers might kill you?

Well, our research is only about new brands so Apple and Burger King are already in your brain. One solution could be that cinemas only sell snacks after the adverts. That would please everyone.

Like sardines in a can

Plane passengers feel the squeeze

It's not your imagination. There really is tighter quarters on many planes these days.

U.S. airlines are taking out old, bulky seats in favour of so-called slimline models that take up less space. THE ASSOCIATED PRESS

Fraser Institute

Pipelines safer than rail or truck for workers: Report

A report by the Fraser Institute says pipeline is by far the safest way to transport oil when worker injury rates are compared.

Using data from the U.S. Department of Transportation between 2005 and 2009, the study found the rates of injury requiring hospitalization were 30 times lower among pipeline workers than rail workers involved in shipping oil. THE CANADIAN PRESS

Will go for \$200 US

Sony bets on computerized wristwatches

Sony says its new computerized wristwatch will sell for \$200 in the U.S. and will work with a variety of Android phones.

Sony's SmartWatch 2 hasn't gotten as much attention as Samsung Electronics Co.'s Galaxy Gear, but it's cheaper and compatible with more phones.

THE ASSOCIATED PRESS

Usual secrecy

New iPads likely to be unveiled at Apple event

Apple is holding an event in San Francisco next week to announce new products — likely updated iPads

The company announced its most recent iPads around this time last year.

THE ASSOCIATED PRESS

Too much risk. U.K. bank set to cut ties with Somali money-transfer company

A British bank could soon be cutting a financial lifeline for millions of Somalis.

Barclays is poised to sever its ties to Dahabshiil, one of the Somali expatriate community's biggest money-transfer services, as part of a larger reorganization of its business. Barring a successful last-minute court challenge, experts say the move will jeopardize 100 million pounds (\$160 million US) worth of payments made from the U.K. each year.

Barclays' move, part of an industry-wide effort to insulate banks from the risks associated with money-laundering and corruption, could force Dahabshiil to stop executing transfers between individuals within days. A court ruling had been expected Tuesday but was delayed because arguments ran late, the company said.

Barclays did not comment

S160

Barring a successful last-minute court challenge, experts say the move will jeopardize 100 million pounds (\$160 million US) worth of payments made from the U.K. each year.

ahead of the court's ruling, but it and other British banks have been cutting high-risk clients after a slew of scandals involving money laundering and corruption.

Somalia is a terrorism hotspot that has not had a functional government in two decades, and the flow of expatriate money to the troubled East African nation has repeatedly come under law-enforcement scrutiny on both sides of the Atlantic, The ASSOCIATED PRESS

Still No. 2. Diet Coke sales fizzle as concerns over artificial sweetener pop up

Diet Coke, the country's No. 2 soda, may be losing some of its

During a conference call with analysts Tuesday, a Coca-Cola executive noted that Diet Coke was "under a bit of pressure" because of people's concerns over its ingredients, alluding to the growing wariness of artificial sweeteners in recent years.

Steve Cahillane, who heads Coca-Cola's North American and Latin American business, noted that many diet foods and drinks in the U.S. are facing the same concerns.

Going flat

Soda has been under fire from health advocates for years. Americans have been cutting back on sugary fizz for some time, with diet sodas falling at a faster rate than regular sodas, according to Beverage Digest.

The drink remains the No. 2 soda in the U.S., but it still lags far behind the No.1 soda — regular Coke.

THE ASSOCIATED PRES



Market Minute



Natural gas: \$3.842 US (+2.2¢) **Dow Jones:** 15,168.01 (-133.25)









Cause for concern

"Our people are now recovering from a long and devastating civil war and this is not the time to punish them again by closing the legitimate lifeline on which millions of Somalis absolutely depend."

Somali President Hassan Sheikh Mohamud

metronews.ca Wednesday, October 16, 2013 metr⊕ **VOICES**

FLYING SOMEWHERE? TAKE A SEAT

I am told there was a time when "flying the friendly skies" was a luxurious experience. That, of course, was before the skies became just a little less neighbourly.

Now, every time I travel, I have to head to the airport three hours early so that I have time to check my luggage, completely disrobe for security, have them confiscate half of my toiletries, then be told that my carryon can't be carried on because I recklessly included a pair of tweezers, which nowadays, is tantamount to a weapon of mass destruction.

I then have to gather all of my personal belongings, get dressed all over again, wait in line to buy a \$12 bottle of water, because apparently it's OK to have one, just not to

carry your reasonably priced one past the checkpoint. Then I head to the gate for boarding. Theoretically, it would be



Mike Benhaim

metronews.ca

journey, only now I am starving and that bottle of water has made me require use of the facilities. Unfortunately, we are now under the strict regime of air transit regulations, meaning that first I have to undergo a training seminar on seat-belt fastening and proper employment of oxygen masks that we faithfully assume will reveal themselves in the event of a shift in cabin pressure. Then, once finally liberated from our shackles by a light and faintly Pavlovian bell, I find myself behind every weak-bladdered and nervousstomached traveller for a chance to approach the majestic lavatory. When I finally emerge, the refreshment cart has passed me by,

here that I could finally relax and enjoy the

which is just as well because, while they do sell food you don't want at prices it isn't worth, they no longer accept cash

anyway. Only Visa and perhaps Amex, but as luck would have it, I only brought my MasterCard.

Now, I may be frustrated, hungry and cranky but I would never think to take it out on any of the flight crew. After all, they're just doing their job, and even if they weren't, any loss of composure could get me Tasered by an air marshal and/or put on the no-fly list, which in addition to complicating future travel, would really make it hard to get back

That said, I take comfort in the fact that the ever-growing roster of ordinances, while occasionally misguided, exists for the honourable purpose of keeping us all safe and sound. Then, just over a week ago, a nine-year-old kid with no ticket, no money and no adult supervision manages to hop on a flight to Vegas.

Now, I find myself compelled to rethink. Just savin'

Mike Benhaim is filling in for Paul Sullivan, who will return next week.

ZOOM

Artist toys with Chinese politician



Pixelated piece made of soldiers

At first glance, this picture looks like a pixelated portrait of Chinese Chairman Mao Zedong, but on closer inspection of Workers of the world, Unite!, by artist Joe Black, the image reveals thousands of hand-painted toy soldiers. Black refers to the juxtaposition of the singular and the collective as "Up close and far away." METRO



Mao's face is in pieces. OIL SCARFF/GETTY IMAGES

hand-painted soldiers were used to create the portrait of Mao Zedong. The cost is \$80.000 and the size is 240 by 180



If the demise of the scrapbooking trend left your organized, creative side feeling unfulfilled, you'll be happy to hear the trend is back. Only this time it requires no pinking scissors and fewer jagged edges to clean up.

Smilebox:

theme, etc., and easily integrates with Facebook to let you share your creation with your pals

Mixbook:

More of a photo book than scrapbook really, but Mixbook lets you design and



order a personalized scrapbook.

Keepy:

For parents who want to keep all of their kids' drawings, report cards and scribbled art projects, Keepy lets you upload and annotate each keepsake vithout cluttering up that storage space.

RE: Unpaid Interns: Toronto Students Scrub Hotel Toilets For Nothing, published Oct. 15

A Vancouver luxury hotel placed an ad seeking unpaid interns to bus tables last month, igniting public outcry. Now, several interns have complained they aren't gaining necessary experience performing menial jobs.

Her internship had nothing to do with her hopes and dreams to work in the hotel and hospitality industry.

When she one day applies for a career job, and puts down her experience as "I am great at changing sheets, cleaning toilets and disposing of used condoms," will that help?

What happened to her and many other interns is not right and it is not fair. The only hope she and many

have is to suck it up and hope to make some kind of contact that can help them in the future.

But with four interns per year (one every three months), over a twoyear period (assumed length of the program she is studying) how many interns is she now competing with?

And all are relying on the same contact or several contacts at the same place.

Let's say she is going to medical school and wants to be a surgeon, her internship would be equivalent to sitting at a receptionist desk and doing patient data entry. Calling patients, following up on surgeries, booking appointments, etc. After four years, you may be the best data-entry clerk, but you can definitely not perform a surgery. At least I wouldn't let you touch me.

MrTENz posted to metronews.ca

VE WANT TO HEAR FROM YOU: Send us your comments: ottawaletters@metronews.ca



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metronews.ca Wednesday, October 16, 2013

No more teardrops on her guitar, this girl has made it

Taylor Swift. On the heels of a record-setting sixth songwriter-artist of the year award, star says her next album is taking a 'different turn'

Songwriting is the topic of the moment for Taylor Swift. The 23-year-old pop star was honoured for a record sixth time as songwriter-artist of the year by the Nashville Songwriters Association International, surpassing guys like Vince Gill and Alan Jackson. She earned the award with 14 hits in the top 30 over the last year, a tribute to the popularity of her fourth album, Red.

As Swift accepts the award, she's six months deep in the songwriting process for her next album. "I think the goal for the next album is to continue to change, and never change in the same way twice," the seven-time Grammy winner said.

"How do I write these figurative diary entries in ways that I've never written them before and to a sonic backdrop that I've never explored before? It's my fifth album, which is crazy to think about, but I think what I'm noticing about it so far is it's definitely taking a different turn than anything I've done before."

Swift sat down for an interview after the ribbon-cutting on the new \$4-million US Taylor Swift Education Center at the Country Music Hall of Fame and Museum in her adopted hometown of Nashville.

Next month you leave on a stadium tour of Australia, making you the first female solo performer to tour that country since Madonna 20 years ago. Madonna was the top pop star in the world at the time. Do you see yourself as that kind of pop star?

I would never see myself that way. I see myself as kind of this girl who writes songs in her bedroom. You can kind of dress it up all you want and you can put together an amazing theatrical production; you can become a better performer as time goes by, and you can try to excite people, but I'm always going to be a girl who writes songs in her bedroom in my own personal perception of myself.

You said recently you've been working on songs for the new album for about six months. What can you tell us about what you have planned?

It's too early to tell who are going to be my predominant collaborators, but I do know that my absolute dream collaborators were Shellback and Max Martin on the last project. I've never been so challenged as a songwriter. I've never learned so much. I've never just been so excited to show up to the studio every day, just because you never know what we're going to put together.

I'll bring in ideas and they'll take such a different turn than where I thought they were going to go, and that level of unexpected spontaneity is something that really thrills me in the process of making music. ... "What if we did this? What if we made



Taylor Swift appears at the premiere of Romeo and Juliet in Los Angeles on Sept. 24. Swift has just been named songwriterartist of the year by the Nashville Songwriters Association International for a record-setting six times. She's also up for entertainer of the year at the CMAs on Nov. 6. If she wins, she'd be the first woman with three such titles. THE ASSOCIATED PRESS FILE

it weirder? What if we took it darker?" I love people who have endless strange and exciting ideas about where music can go.

How far are you willing to push the boundaries of your sound?

I definitely think that with music my favourite thing about Nashville is that it's a music hub that accepts and allows all genres to be present, and I think there's been a kind of fusing of genres lately that for me makes me really happy and excited. I am blown away at getting six CMA nominations in a year that I pushed the boundaries of what a genre is more than ever before. I'm so happy that people understood what I was doing

conceptually.

Getting those six CMA nominations to me signified that this community knew that I was not running from where I come from. I was exploring, and I think the more people who know what country music is, the more people will gravitate toward Nashville.

THE ASSOCIATED PRESS

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Hell has no fury like

a woman scorned

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Horror film. Soak in the wrath of the newest Carrie flick

FOCUS

end actress Chloë Grace Mor-etz will recreate one of the most famous sequences from 1970s

cinema. Years after the release of the 1976 Brian De Palmadirected Carrie, the movie's impact was summed up

by Esquire, who wrote, "Like any top-tier, truly unforgettable scene in cinema (it's) so wellknown that you don't even have to see it to know it." The image

of the teen-

aged Carrie (Sissy Spacek), the victim of a cruel practical joke, åressed in her best prom queen outfit, wide eyed as pig's blood covers her, dripping from the fake jewels on her tiara, has been referenced in everything from the sitcom Roseanne daughter Darlene says the only way she would go to the prom is if she was the one sitting in the rafters with a bucket of pig's blood - to the X-Files, Mystery Science Theater 3000, Scream, Gilmore Girls and even Veronica

The gore soaked scene also provided the inspiration for a sequel



called The Rage: Carrie 2. In this unintentionally funny B-movie Rachel (Emily Bergl) is another high-schooler with the ability to make objects fly and explode with her mind.

"Do not attempt to sit through this movie without a hefty supply of psychopharmaceutical drugs," warned one critic.

Marginally better was Carrie, a 2002 television film meant to serve as a pilot for a proposed series. But that involved making some sweeping changes to the plot, including having Carrie survive the high school carnage and final run-in with her unstable mother. Bad reviews and poor ratings doomed this to the DVD delete bins. From the screen to the stage, Carrie provided the source material for an ill-conceived 1988 Broadway musical and several

spoofs, including Scarrie! The Musical and Carrie's Facts of Life, a mash-up of Stephen King's story and the sitcom The Facts of Life.

All singing, all dancing versions of Carrie's humiliation aside, the original film remains a horror touchstone, but don't expect the new remake to be a carbon copy.

"The script is totally different from the (original),' Moretz told ET Online. "It's more like the book. It's a more Black Swan version messes with your mind."

One thing is for sure. There will be blood — pig's

Judy Greer, who plays Miss Desjardin in the new film, says the prom scene is "amazeballs," adding, "It's really totally jarring and creepy but also, in a strange way, gorgeous."



Paul McCartney. Catchy, fun and not that New



For his 16th solo record, and first original material in six years, Paul McCartney turned to a team of four hot producers to come up with something, ahem, New.

The result is both fresh and comfortably familiar. McCartney, a master of the catchy three-minute pop song, isn't reinventing himself here as the title may suggest. Rather, he's once again compiling an enjoyable 45 minutes or so of toe-tapping pop songs that are sure to please his longtime fans while doing little to break much truly new ground.

Just try listening to On My Way to Work or Queenie Eye without bobbing your head along to the beat. Really, love him or hate him, few can pump out these types of ditties



McCartney.

Still, he's no Bob Dylan.

There are flirtations with material with some gravitas here, but it's just that — a flirtation. McCartney may toy with addressing in song whatever demons he may have, but he certainly doesn't linger.

That said, the mere fact that McCartney is able to come up with something that isn't a simple retread of his past successes must be considered a success—especially when that would be the easy way out, and one that he's taken many times over his storied career.

Much of the credit for the success of New goes to McCartney's four producers — especially Paul Epworth (Adele) and Mark Ronson (Amy Winehouse). The other two, Giles Martin and Ethan Johns, are the sons of famous Beatles producers George Martin and Glyn Johns. While the multiproducer approach could have resulted in a hot mess, the

end result is surprisingly cohesive, modern-sounding and, most of all, fun to listen to. **THE**

ASSOCIATED PRESS

Golden Globes bring back the golden pair

Awards season. Tina Fey and Amy Poehler sign on for two more years of hosting the show after receiving critical acclaim

The duo of Tina Fey and Amy Poehler proved such a success at hosting the Golden Globes in January that they've been signed up for the same job for the next two years.

NBC, the Hollywood Foreign Press Association and producers of the Golden Globes announced the unusual two-year commitment on Tuesday. Next year's Golden Globes will be held in Beverly Hills, Calif., on Jan. 12.

Allen Shapiro, CEO of Dick Clark Productions, said the former Saturday Night Live chums have "a truly unique chemistry, making them one of the most talented and captivating pairings of all time."

They were bathed in critical love for their performance this year, with The Associated Press critic Frazier Moore

North America's sweetheart

"(They have) a truly unique chemistry, making them one of the most talented and captivating pairings of all time."

CEO of Dick Clark Productions talking about Tina Fey and Amy Poehler



calling them "the night's biggest winners."

Get used to seeing these faces at the Golden Glob

They got laughs without being polarizing, as was the case with predecessor Ricky Gervais. Poehler even poked fun during the show at the Hollywood debate over whether Gervais was too hard-edged in mocking Hollywood stars.

"We want to assure you that we have no intention of being edgy or offensive tonight," said Poehler, star of the NBC sitcom Parks and Recreation. "Because, as Ricky learned the hard way, when you run afoul of the Hollywood Foreign Press, they make you host this show two more times!"

Fey, whose NBC comedy 30 Rock ended this year, and Poehler were both nominated for best actress in a comedy or musical but lost to Lena Dunham, star of HBO's Girls.

More important than critical support, Fey and Poehler were good for business. The Golden Globes had their best ratings in six years for the most recent presentation, and were up 17 per cent over the 2012 show.

THE ASSOCIATED PRESS

















metronews.ca Wednesday, October 16, 2013 metr⊕ DISH



My team, entire production & fellow actors..Been a long 6 months. Fight the fatigue & finish strong. 2 days left. #ProudOfU #HERCULESMovie



@JohnStamos

Is it my imagination or a lot of movie actors that don't work in movies anymore SPRINTING to tele-



@jimmykimmel

why NOT order an edible arrangement for yourself?

He's an actor, but don't tell Charlie Hunnam to be someone he's not

Charlie Hunnam may have cited his hectic TV schedule as the reason he dropped out of Fifty Shades of Grey, but sources tell E! News the spotlight had a lot more to do

"More than anything he hates attention, and being in Fifty Shades of Grey would force him to do lots of media," a source says. "Plus, he hates conforming and being told what to do. This role would force him to have to be some-



not." Now it turns out his former costar, Dakota Johnson, may be having doubts about

thing he is

the high-profile film as well. "Dakota is having a very hard time dealing with all the press. When she first got the role, it was way too much for her," another source says. "It's been tough."

Why Gwyneth should beware Vanity Fair

Gwyneth Paltrow should probably be bracing herself for a blockbuster take-down piece on her that Vanity Fair is planning to publish.

We started a story on her. We have a very good writer and it'll run," the magazine's editor-in-chief, Graydon Carter, tells the

Times of London.

In fact, Paltrow apparently helped ensure the piece will go forward when she emailed friends and colleagues pleading with them to not cooperate with the article's author and never work with the magazine again. "She sort of forced my hand," Carter says.



Forget the tuna – get Kate some OJ You could As pregnant Kate Winslet eases

into her third trimester, she admits her cravings aren't living up to the stories she hears about other pregnancies.

"At the moment, I seem to be wanting orange juice a lot," she tells Us Weekly. "I don't know quite why that is, but it's not so weird. Ĭ wish I could tell you I had some weird craving. I wish I could be like that woman on the advert who loves tuna fish and banana, but I'm not like that at all."

she's totally fine doing press for her next film, Labor Day, with her due date approaching. "Just don't let me sneeze," she warns, "because I might wet myself at the same time



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Moving on

Seems Miley is sweet on the Rolling Stone heir

It looks like Miley Cyrus has gotten over her broken engagement to Liam Hemsworth pretty quickly, as the Wrecking Ball singer is reportedly smitten with Rolling Stone magazine heir Theo Wenner, according to Radar Online.

She's definitely dating him," a source says. "Miley talks about how hot Theo is and how nice he's been to her. She's definitely completely in lust with him." Cyrus even reportedly made time for Wenner while launching her new album, Bangerz, in New York last week.

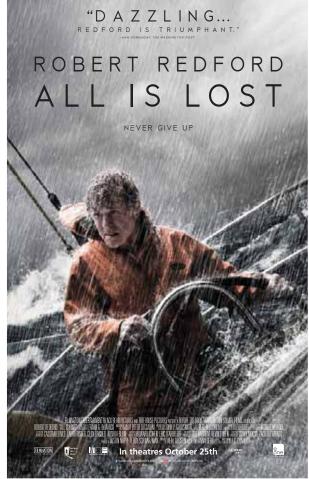
"He didn't come to the release party, but she snuck out at one point and went and met him at the Plaza, the source says. "She said she's never met anyone as sweet as Theo.'

Taking a Wrecking Ball to the English language

Meanwhile, Cyrus is getting more public criticism from other parts of the music industry, with indie rocker Sufjan Stevens the latest to write Cyrus an open letter – only Stevens takes issue with her atrocious gram-

"One particular line (in '#GetItRight') causes concern: 'I been laying in this bed all night long, he writes on his Tumblr account. "Miley, technic-ally speaking, you've been LYING, not LAYING, an irregular verb form that should only be used when there's an object.

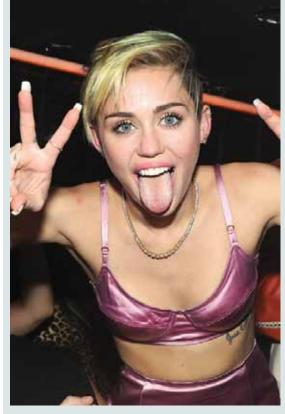
For his part, Paul Mc-Cartney thinks everyone's making a big fuss about nothing when it comes to Cyrus' infamous MTV VMAs performance. "You look at it and you say, 'What's everyone shouting about?' I think it was only mildly shocking. It wasn't explicit at all," the former Beatle tells Sky News



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Where the pretty people are

Miami. From South Beach to Art Deco walking tours, there's something for all



JIM BYERS @jimbyerstravel jimbyerstravel.com

Sleek, chic and sexy. This is a city that's got a lot on the go, and it's consistently one of the top draws for Canadians looking for a place in the sun with a bit of attitude. Whether it's clubbing in a brilliant turquoise Art Deco building in South Beach or doffing your duds at one of the few legal nude beaches in the U.S., this is a town with something for everyone.

Sleeping

The Soho Beach House, a few blocks north of South Beach, is cooler than the other side of the pillow on a winter camping trip in Yellowknife. There's a rooftop bar with perfectly weathered chairs, a sleek restaurant under the trees, a glam pool with striped blue and white cushions and it's right on Miami Beach. The lobby screams urban cool, and they also get cheeky with Cowshed toiletries that have names like Horny Cow and Knackered Cow. Uptown in Sunny Isles, not far from

the shops of Aventura Mall, is Sole on the Ocean, which has a Miami Vice meets Brazil and Russia vibe, thanks to the shoppers who flock here. The bar is modern and glassy and they have a cozy pool and nice cabanas. Rooms go from around \$325 a night at the Soho Beach House in October, while you can grab Sole for \$216 a night and up.

Dining

Just steps from trendy Lincoln Road on Lenox Avenue, Yardbird is a gem for southern food. There's a nice patio, and inside you'll find a warm decor with an open kitchen and chalkboard signs that extol the virtues of bacon. The fried chicken is moist

and tender and served on superbly fluffy biscuits with honey and sweet pepper jelly. The kale salad comes with shaved cheddar, apples, onion and "moonshine soaked" raisins. Back up in Sunny Isles, Timo has a wood oven for pizza and does a flavourful fennel and arugula salad with oranges, figs and a pistachio vinaigrette. The pastry chef makes an incredible genoise cheese flan topped with vanilla ice cream and toasted coconut in a pool of salted caramel with a chocolate drizzle. The News Café in South Beach (open 24 hours) is a great spot for lunch or breakfast and has two-for-one happy hours Monday to Friday from 4 to 7 p.m.

Drinking

The Clevelander Hotel is a 1938 Art Deco beauty that spouts loud music more or less all day, with dancing girls gyrating inches from the sidewalk. It's said to be the highest-grossing bar in Florida. At Soho Beach House opt for the Picante de la Casa, with tequila, lime, cilantro and agave, topped with a red chile pepper for a smoky kick. Yardbird has bourbons you might never see in Canada.

Doing

Take a tour from the Art Deco visitors centre at 10th and Ocean to check out sleek designs and to learn steamy details about the private lives of Hollywood stars.

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metronews.ca Wednesday, October 16, 2013 metr⊕ **TRAVEL**

The end of the world as we know it

Patagonia. There are few places as rugged and remote as the southern tip of South America

MELITA KUBURAS

Like most trips to Chilean Patagonia, this one begins in the port city of Punta Arenas. On this night in early September, the sun has set above this charming town located on the Strait of Magellan, and Venus is adding a twinkle at the bottom of the crescent moon. It's fitting that, when standing at the bottom of the earth, even the most familiar icon in the sky looks different.

Because it's so well connected by air and sea, Punta Arenas is a convenient jumping off point for travellers to Patagonia or Antarctica. Immigrants helped build this city. Their humble roots are even embedded in the



architecture — the siding on houses shows pieced-together sheets, which once were metal boxes used to transport tea along the region's famed waterways. Roofs are painted in bright colours, another

tradition that began with the use of scraps discarded by

La Marmita restaurant offers the perfect introduction to traditional, locally sourced fare. Housed in a green build-

ing with a storefront sign that's reminiscent of Chilean muralists who defied former dictator Augusto Pinochet, La Marmita chefs present sea-food specialties like shellfish, eel and crab.

Guanaco tenderloin is on the menu as a main course a protected animal in Chile, but hunting of it is allowed in certain seasons to prevent over-population. Ĉalafate berries are used in dipping sauces, desserts and even as a bloody-red twist on the Chilean national cocktail, pisco

Between two oceans

The scenery along our Australis cruise is so raw and

seemingly untouched this what Ferdinand Magellan saw when he first sailed this route to the Pacific? The snow-topped Andes dwarf the ship — a luxury liner that impressively navigates through fjords and narrow passages of the Canal de las Montanas. But unlike the Portuguese explorer's Victoria — a replica of which is shored in Punta Arenas, where we embarked — this ship is a pleasure to seek shelter in.

Wind-worn and well-fed, at night we hit the bar on the top deck, dancing salsa and merengue in our hiking boots. On the first night we sail through a snowstorm; on the second we anchor down

- Australis cruises. australis.com/site/ en-us/
- La Marmita restaurant. marmitamaga.cl/

for a rest in complete darkness, resting between two

Part of the Australis itinerary is to make stops along the little islands that shatter away from the mainland. We don our warmest clothes snow pants and down coat for this Canadian — and pile into zodiacs that take us to the hulking Glacier Bernal.

Cinched between mountains and stretching above the turquoise lake bed, the bright blue spots of the glacier reveal themselves in honeycomb-like cracks. After the hike, the cruise staff serve whiskey and hot chocolate to warm us up before the boat ride back.

Wet 'n' wild

Visiting in September meant missing one of southern Chile's most famous sights the Magellanic penguin. Tens of thousands of them come here to breed in the Chilean spring and summer, from October to March. But while I was just a step ahead of the happy feet, the thrill of seeing wildlife in its natural habitat did not escape me. It's part of what makes visiting Patagonia such an authentic





metronews.ca Wednesday, October 16, 2013 WINTER TRAVEL 23



Hidden Caribbean jewels

Small-ship cruises.

Access lesser-known ports for an authentic travel experience

DIANE TIERNEY

Cruising the Caribbean is a great way to escape winter's wrath, and a cruise on a small ship that can access the lesser-known ports provides an authentic, less commercialized experience.

Windstar is a leader in small-ship cruising. It has three motorized sailing yachts called the Spirit, Star and Surf that carry 150 to 300 passengers. The line recently spent \$18 million renovating the ships to nautical luxury.

Depending on which ship and voyage you choose, you can visit uncommon Caribbean ports such as: Basseterre on St. Kitts; Les Saintes in the French West Indies; Gustavia on St. Barts; Bequia of the Grenadines; Roseau, Dominica; St. Georges, Grenada; and Pigeon Island off St. Lucia.

You and your fellow passengers will be the only tourists in town in some of these ports.

You can be as active or as lazy as you like. Windstar offers many shore excursions at each port such as ATV tours, zip-lining, scuba diving, snorkelling, sailing a catamaran,



jeep trekking, horseback riding, kayaking, and more.

Sometimes a shore excursion is the best way to see one of these lesser known ports than exploring on your own. For example, St. Barts is an expensive island — a taxi to and from the nearest beach is \$40. That's partly because St. Barts is difficult to get to and, therefore, a haunt of the rich and famous such as Leonardo DiCaprio and Mariah Carey.

The town doesn't have typical souvenir shops, but rather boutiques such as Hermes, Armani, Ralph Lauren, Cartier and Prada. Affluence is everywhere, best represented by the sleek yachts in the harbour.

In Basseterre on St. Kitts, Canadian passenger Shelley Grist decided to take an ATV tour. "There isn't much of a town, so we took a three-hour trek through the jungle," she said. "We saw monkeys, spectacular views of the valleys and coast, and visited a plantation. You travel along dirt and grass paths. It was dirty, dusty and really fun."

Les Saintes is a tiny town of about three blocks, but the beautiful beaches offer shady palm trees, powdery sand and great snorkelling without the crowds.

"You immediately realize this is a quiet place to just enjoy the beach and snorkel or sail a catamaran," Grist said. "When you're visiting such offbeat places, you have to plan your days and shore excursions — one day at a beach on an obscure island and a special activity at

another port — if you want some adventure."

On board, the high crewto-passenger ratio of a small ship means service is much more personalized.

"The crew gets to know your name and anticipates your needs," Grist said. "You also get to know everyone on board quickly. Sharing your experiences is the entertainment."

As the ship sails away from port at sunset each day, the masts are raised to the powerful song Conquest of Paradise by Vangelis. The dramatic effect reminds everyone that this is a unique way to see uncommon Caribbean jewels.

For more, visit windstarcruises.com or call 1-877-827-7245 (1-87-STAR-SAIL).



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A few simple substitutions take hummus from Middle East to Italy



What would happen if hummus had been invented in Italy, rather than the Middle

Answer the question with this simple reimagining of the classic chickpea purée.

It's not as discordant as you might think. Many of the same flavour profiles can be found across both Italian and Middle Eastern cuisines.

Which makes sense, given relative geographic proximity. Even the ingredients and technique have common ground.

Italians make generous use of chickpeas and lemons both essential to classic hummus. Though in the case of chickpeas, Italians tend to use them more often in soups and pastas than in spreads.

And when they do make spreads, they often reach for other beans, such as favas. While traditional hummus relies on tahini (ground sesame seeds) to add richness, Italians probably would be more inclined to reach for pine nuts.

So with those substitutions in mind, this delicious Italian-style hummus is topped with diced tomatoes spiked with balsamic vinegar.

- 1. In a food processor, combine the beans, half of the garlic, pine nuts, lemon zest and juice, and 1 tablespoon of the rosemary. Process until chunky smooth.
- 2. With the processor running, drizzle in the olive oil until the hummus reaches a smooth, silky texture. Taste, then season with salt and

pepper, and set aside.

- **3.** In a bowl, toss together the tomatoes, the remaining 1 teaspoon of rosemary and the remaining garlic. Taste, then season with salt and pepper.
- **4.** Spoon the hummus into a wide, shallow bowl, using the back of the spoon to form a cavity at the centre.
- **5.** Spoon tomatoes into the cavity in the hummus. Drizzle olive oil over the tomatoes and hummus, then sprinkle with a few drops of balsamic vinegar. THE ASSOCIATED PRESS

In a Champagne flute, gently stir together the

with sparkling wine, then garnish with a lemon

twist.



- 15-oz can cannellini or other
- white beans, drained and rinsed • 6 cloves garlic, minced, divided
- 1/2 cup pine nuts
- Zest and juice of 1 lemon • 1 tbsp plus 1 tsp chopped fresh
- rosemary
- 1/3 cup extra-virgin olive oil, plus extra
- Salt and ground black pepper • 1 large tomato, diced
- Balsamic vinegar

Drink of the Week

Citrus Bubbly

Serve your appetizers with this refreshing drink that sparkles thanks to sparkling wine and has a citrusy flavour due to a combination of lime and

- 1 tsp lime juice
- 1 tsp lemon juice
- 1/2 oz Cointreau or other orange liqueur
- Sparkling wine, chilled
- Lemon twist, to garnish

lime juice, lemon juice and orange liqueur. Top

THE AS-SOCIATED

Learn about the Registered Disability Savings Plan (RDSP)

The RDSP helps Canadians with disabilities and their families save for the future.

FREE RDSP INFORMATION SESSION

Date: Wednesday, October 23, 2013

Time: 2:00 pm

Location: Northern Lights Canada

1900 City Park Dr, Suite 100, Ottawa

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Grants and Bonds are available up to the end of the calendar year in which the beneficiary turns 49 years old.

Call Sue Davie or Brad Scott at 800-361-4642 (TTY 1-855-450-1490) to register or visit us online at www.northernlightscanada.ca/RDSP

This information session is available in English only. Special accommodations available upon request. Afin d'obtenir des renseignements en français, veuillez téléphone au 613-688-3670 ou par courriel à nlinfo@northernlightscanada.ca, ou visitez le www.northernlightscanada.ca.

Funding for this information session is provided by the Government of Canada

Canada



Fall for an autumn mix

1. Heat the oven to 400 F.

Dry the chickpeas thoroughly by spreading them on a large plate and patting them dry with kitchen towels. Transfer to a bowl, then toss with 1 tablespoon of the oil, 1 teaspoon of the spice blend, if using, and salt and pepper to taste. Once the chickpeas are evenly coated, transfer them to a baking sheet and spread them in a single layer. Bake on oven's middle rack until golden and crispy, 25 to 35 minutes, shaking the tray to toss after the first 15 minutes. Remove the baking sheet from the oven and transfer the chickpeas to a serving bowl. Reduce the oven to 300 F.

3. Arrange the pumpkin seeds in a single layer on the sheet pan. Bake on the oven's

middle rack for 10 minutes.

have baked, in a large skillet over medium, heat the remaining tablespoon of oil. Re-

4. After the pumpkin seeds

- 15-oz can chickpeas, drained and rinsed
- 2 tbsp olive oil, divided

Ingredients

- 2 tsp spice blend, such as curry powder, garam masala,
- chili powder, divided (optional) . Kosher salt and ground black
- 1 3/4 cups raw pumpkin seeds, cleaned and drained, but not patted dry
- 3/4 cup dried cranberries, dried cherries, raisins, or a mix
- 3/4 cup unsalted raw or roasted pistachios, peanuts, almonds or cashews

duce the heat to medium-low, add the pumpkins seeds and cook, stirring, for 7 to 10 minutes. Add the remaining teaspoon of spice blend, if using, and salt and pepper to taste. Continue to cook, stirring, until the pumpkin seeds are golden and crispy, another 3 to 5 minutes.

5. Transfer the seeds to the serving bowl. Add the cranberries and pistachios and toss well.

THE ASSOCIATED PRESS/ SARA MOUL-TON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

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Wednesday, October 16, 2013

WORK/EDUCATION 25

Baby I get your money don't you worry: Lend those lost in their loonies a hand

Have you got a brain for bucks? For a career that actually makes cents, consider becoming a financial consultant

SHAHEERAH KAYANI

The finance industry is booming and in 2011 the Canadian banking system was named the soundest in the world. An expansion in industrial development means that there is a steady demand for financial services.

In fact, more than \$300 billion worth of private sector industrial projects have been announced in Canada for the current decade. These projects will without question require financial services and you could be a part of the company or group that takes this on.

What is a financial consultant?

In an eggshell, a financial consultant gives management advice to people when it comes to matters of money.

A financial consultant will be hired for guidance if a client needs help reaching long-term financial goals, debt management guidance or advice for investments.

Financial consultants can also be employed by businesses to make sure



Money matters in some way to everyone, but not every individual excels at adding order to their assets. Why not help them through their cash crisis? isro

What does it take?

If you're interested in becoming a financial consultant, ask yourself the following:

- Are you a people person?
- Are you outgoing and friendly?
- Do you have a large or well-connected professional and social network?
- Do you have entrepreneurial traits?
- Are you a hard worker?
- Do you have any solid prior customer service, retail or sales experience?

that business plans make financial sense or to deal with financial challenges or budgeting.

Companies might also hire a financial consultant to answer questions about employee benefits and retirement plans.

What are the best parts of the job?

A big advantage of becoming a financial consultant is having the opportunity to run your own business while being supported by a highly recognized and prestigious company.

You have the freedom to choose to specialize in

insurance, mortgages, taxation, investments and more. You're also able to explore your entrepreneurial spirit and down the line there is the potential to receive great pay.

It's good to know that at most financial consulting firms, the job pays solely commission in the first few years.

However, later on you can also receive a "trailer," which grows every year along with your client base.

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Can that something up your sleeve impede your ability to succeed?

A bold personal brand.

Students and grads speak up on tattoos in the workplace

MEGHAN GREAVES

The influx of millennials into the workforce and the potential for age gaps between coworkers can result in mixed opinions on what is considered appropriate office wear.

Gen Y is often viewed as having a more casual approach to office appearance. That's not to say all millennials want to wear their sweatpants to work. It just means that younger hires are perceived to have open minds when it comes to what is acceptable in the office.

Kim Holt recently graduated from McMaster University and

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entered the workforce with tat-

Here's what Holt had to say about how tattoos can work both ways for your career.

Did you think about the effect your tattoos might have on your career?

I 100 per cent thought about how my tattoos might affect my career before I got them. However, aside from my tattoos, I have always been a creative and eccentric person. I knew from a very young age that when I grew up I was going to be in a field that thrived on creativity and originality.

Has having tattoos ever hindered your career or education?

Yes and no — having tattoos has yet to hinder my education. Many universities these days pride themselves on their acceptance of diversity. My tattoos have yet to impact my career.

Have you had to adjust your clothing at times to avoid a potential employer seeing them or felt stereotyped by an employer for having tattons?

Where I currently work, I have never been made to feel like I cannot show my tattoos. However, when I first interviewed for the job I did dress appropriately and professionally. I think that no matter what kind of job you are interviewing for (whether you are allowed to show your tattoos or not), dressing formal is simply a sign of respect. It shows the potential employer that this is something you thought about, you have come prepared, and you took yourself out of your everyday life and into the world of employment. I have inter-



Does this worker's indelible accessory make you question his professionalism? ISTOCK

viewed for many casual and formal attire jobs and I never let the day-to-day attire influence my interview wear.

If you could give one piece of advice to job seekers who are considering getting tattoos, what would it be?

Tattoos are a small part of a big picture. We can't predict the future but if an individual thinks that a tattoo is going to make them happy, then do it. Who is to say what we will regret in the future and what we won't? The only person who can control your happiness is yourself, and every person has their own way of fulfilling their happiness and self-expression and for me one of those ways just happens to be tattoos.

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So what do you ink?

What did other millennials have to say about tattoos in the workplace?

- "The coffee shop I used to work at has a zero policy on tattoos. You have to cover tattoos with long sleeves, a sweater or even a Band-Aid if it's on your wrist or similar to that."
 J. Charbonneau
- "I work in long-term care and many personal support workers have tattoos which are fully visible and I have not heard or seen anything negative. Many of our residents have tattoos also." - A. Lewis
- "I have worked in two restaurant chains in the past and neither have ever said anything or required cover-up regarding mine and my coworkers' tattoos. Customers on the other hand, sometimes do not hide their disapproval, which I find quite hilarious." - A. Dungan
- "From a non-tattooed perspective, it drives me insane when tattoos are visible in the workplace. I just find it so distracting and unprofessional. That being said, this is more of a clothing choice issue, not the actual tattoo itself."
 N. Magistrale



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Are you going to the career fair?

Walking down the aisle of employment.

Tips for individuals on how to approach a mass job hunt

Whether they're held in malls, on campuses or in convention centres, career fairs offer a one-stop shop for job seekers to connect with multiple recruiters under one roof.

Yet with the prospect of meeting dozens of employers, some may be unsure how to tailor their typical approach within a large-scale setting.

How can individuals prepare for career fairs and distinguish themselves among a crowded crop of equally eager job-seekers? Here are a few

Determine the motivation for attending

It seems obvious and inherent in the event title: job fairs are for landing jobs, right? Well, not necessarily for everyone — or at least not initially.

Patsy Valenzuela is the supervisor of career and employment development at Mount Royal University in Calgary. The school organizes smaller, program-specific

emember me?

Follow through with the followup.

- So, you've survived the job fair, but the work is not over, especially if you're still keen on applying for a position.
- When looking to reconnect with recruiters, Valenzuela suggested the possibility of sending a thank you note following the fair. Another option when submitting a cover letter with your formal application is to refer back to the date of the initial meeting.
- "It's important for people to know there are so many strategies that you can use, but you have to evaluate each time, 'What's going to be the best strategy for me to use in this case with this employer with this company?"

"I think if you're a job seeker, it's important to know what is your goal in attending, and what do you want to get out of attending, and then prepare accordingly."

Patsy Valenzuela

Supervisor of career and employment development at Mount Royal University

networking events during the year in addition to a campus-wide fair in March for students seeking summer, full-time and graduate-level employment.

While securing a job may be the ultimate goal, Valenzuela said some people may have other motivations for attending fairs at first, like trying to gather more information about a particular company or their field of in-

"It could be more of an exploration — you just want to build some contacts, or for some people, you just want to practise some interview skills and meeting people," she said. "That's a really great way to do that because it's a safe environment where you can practise networking and introducing yourself and all of those techniques.

"I think if you're a job seeker, it's important to know what is your goal in attending, and what do you want to get out of attending, and then prepare accordingly."

Keep your ears open

Busy exhibitor booths can leave individuals idling as they wait to speak with designated representatives. But Valenzuela said the time spent queuing up for a chance to chat can still be put to effective use.

"There's a lot to be said for listening and watching as well. There's a lot of times where there's lineups and you definitely don't want to interrupt, but you might get a lot out of the information coming out of those conversations information you can use," she said.

"Definitely take notes because the fairs are busy. There's so many people, so many conversations, you might not remember who you spoke to or what information you learned. So it's going to be really important to take notes and to follow up on some of those pieces of information that you've gathered. And for some of it, it might just be a lead or somebody's name.'

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THE CANADIAN PRESS



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SAINT-PAUL



28 SPORTS metronews.ca Wednesday, October 16, 2013



The Senators' Stephane Da Costa falls to the ice in front of Ducks forward Jakob Silfverberg on Sunday in Anaheim. MARK J. TERRILL/THE ASSOCIATED PRES

West Coast floppin': Sens ice cold in Cali



THE HOCKEY NEWS Murray Pam ottawa@metronews.o

When the NHL schedule makers approached the Senators about taking a Western sojourn to open the season, GM Bryan Murray and coach Paul MacLean reluctantly agreed. Their reasoning was twofold: One, the players would be able to enjoy each other's company outside of Ottawa's fishbowl; two, they'd have an opportunity to see how they compare to their Western counterparts.

How did it turn out? Well, at least the guys got in a few rounds of golf before the snow flies.

Historically, the Senators

are at their worst in sunny California, and this trip was no different. Winless in all three games, the club sports a horrendous all-time mark of 10-25-5 on the Left Coast. If there is a silver lining from a trip such as this, MacLean learned several things about his roster.

Behind the eight ball:
Poor starts are creating havoc.
The Senators have tallied first in only one of five games.
Surrendering early leads has put undue pressure on goalies Craig Anderson and Robin Lehner to hold the fort until the players settle in.

Penalties are killing: The penalty box has become the Senators' home away from home. The team has to find a way to stay out of it. Through five games, the club has been

shorthanded on 27 occasions, compared to 12 power-play opportunities. Their whopping -23:53 is the league's worst differential of time spent killing penalties versus on the power play. How bad is this? The Wings are next in line at -14:19.

Shots, shots, who wants shots? Apparently Anderson and Lehner. The duo is on pace to face the most shots in NHL history. While this is a reach, the Senators defence allowed 106 shots in two weekend games. Lehner tied a club record with 47 saves in San Jose. Sunday's 56 shots by the Ducks were the most allowed by the club in 60 minutes. Cutting down on penalties and having better starts will drive this unruly number down.

Are Da Costa and Pageau ready for primetime? Neither Stephane Da Costa nor Jean-Gabriel Pageau have distinguished themselves in the early going. Da Costa is yet to garner a point, while Pageau was benched Sunday after losing draws that resulted in two Ducks goals.

MacLean's pupils have plenty to work on. Lucky for the young Senators, they have an award-winning teacher.

Road trip finale

For coverage of the Senators' game against the Coyotes on Tuesday night, go to metronews.ca.



Fiancée pleads not guilty to perjury

The girlfriend of former
New England Patriot Aaron
Hernandez pleaded not
guilty Tuesday to a perjury
charge for allegedly lying to
a Massachusetts grand jury,
including about disposing
of evidence in the murder
case against him. Shayanna
Jenkins was released on
personal recognizance during her arraignment on a
single perjury count.
THE ASSOCIATED PRESS

Sean Edwards

British racer killed in training crash

Sean Edwards, a promising British driver, died Tuesday in a crash during training. He was 26.

Edwards, the Supercup Championship leader, was in the passenger seat as an instructor for a private training session at Queensland Raceway at Willowbank, outside Brisbane, Australia, Porsche Motorsport said.

A 20-year-old local driver was behind the wheel when the car crashed into a tire wall and caught fire.
THE ASSOCIATED PRESS

Soccer

Balotelli tweets could force ban

Mario Balotelli's latest tweets could cause a socialmedia ban for team Italy at next year's World Cup.

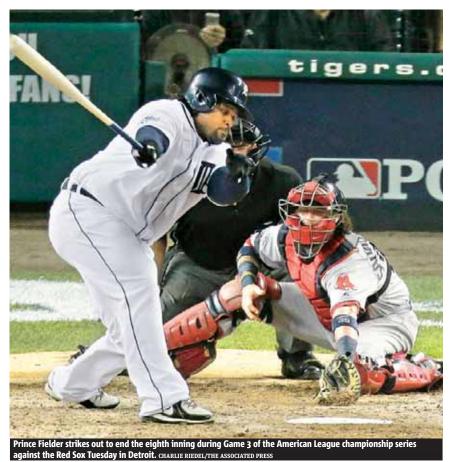
Balotelli took issue with an Italian article that said he would be the face of Italy's battle against the Camorra when the Azzurri trained on Monday with a club that was stripped of organized-crime ties.

A tweet from Balotelli said, "That's what you say! I'm coming because football is great and everyone should play it where they want to and then there's the match!!!!"

THE ASSOCIATED PRESS



metronews.ca Wednesday, October 16, 2013 **SPORTS**



Red Sox hurlers lights-out against Tigers sluggers

MLB playoffs. Lackey outduels Verlander as Napoli's homer accounts for only run

John Lackey edged Justin Verlander in the latest duel of these pitching-rich playoffs, and Boston's bullpen shut down Detroit's big boppers with the game on the line to lift the Red Sox over the Tigers 1-0 Tuesday for a 2-1 lead in the AL championship series.

Mike Napoli homered off Verlander in the seventh inning, and Detroit's best chance to rally fell short in the eighth when Miguel Cabrera and Prince Fielder struck out with runners at the corners.

Despite three straight gems by their starters, the Tigers



suddenly trail in a best-of-seven series they seemed to have complete control of only two days ago. Game 4 is Wednesday night in Detroit, with Jake Peavy scheduled to start for the Red Sox against Doug Fister.

Lackey allowed four hits in 6 2/3 innings, striking out eight in a game that was delayed 17 minutes in the second inning because lights on the stadium towers went out.

It was the second 1-0 game in this matchup between the highest-scoring teams in the majors. That's been the theme throughout these playoffs, which have included four 1-0 scores and seven shutouts in the first 26 games.

After rallying from a fiverun deficit to even the series in Game 2, Boston came away with a win in Detroit against one of the game's best pitchers. The Tigers had a chance for their own comeback in the eighth when Austin Jackson drew a one-out walk and Torii Hunter followed with a single.

But Cabrera never looked comfortable against Junichi Tazawa, chasing an outside pitch for strike three, and Fielder was even more overmatched against Koji Uehara, striking out on three pitches.

Uehara also pitched the ninth for a save.

THE ASSOCIATED PRESS

Action Against Hunger is joining forces with top restaurants in Toronto and Montreal to help save the lives of malnourished children. Starting on World Food Day, Oct. 16th, food lovers like you can make a difference by eating at participating restaurants and adding a voluntary donation to your bill. Let's get child hunger off the table!

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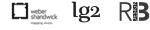
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DRIVE 31

The 2014 Ford Tremor



Review. Sandwiched between the long-gone SVT Lightning and the offroad SVT Raptor, the new Tremor may be the best of both worlds

MALCOLM GUNN

Move over SVT Raptor because the Ford Tremor sport truck wants a piece of the action

But instead of muscling its way into the specialty truck category, the more modestly powered and sized pickup aims to win friends with onroad street smarts — and not just off-road ability — as well as livable fuel efficiency.

Pickup trucks are as much about style and image as passenger cars. In fact the convergence of the two automotive genres over the past few decades has been quite remarkable. Originally little more than a bench seat and a box, the once humble pickup can now be found clothed in fancy sheetmetal, gussied up in the finest of interior trim and accessories and revved up with enough horsepower to plant you in your seat.

Ford's F-150-based Raptor that's now entering its fourth year of production has been a surprise hit at a time when all other pickup makers — Ford included — have been trying their best to reduce their truck's appetite for fuel. But whereas the Raptor's image is as a dune-bashing desert

rat, the Tremor takes a different approach. It's very much a street truck, just like the 2000-2004 SVT Lightning, ackaged up with equipment and accessories that collectively give it a unique flavour.

It's also only available as a short-wheelbase, regular-cab model fitted with the shortest available box. The result is not as useful as an extended-cab F-150 or a four-door crew cab, but it makes the Tremor lighter on its feet and in a way that actually seems more purpose-built, just like the short-box, regular-cab Lightning of old.

To give the Tremor its solid-citizen demeanor, Ford opted not to take the V8 route (the Lightning had a supercharged 5.4-litre unit) and instead installed a twinturbocharged 3.5-litre V6 that produces 365 horsepower and 420 pound-feet of torque at 2,500 r.p.m.

Those aren't exactly weak-kneed stats — they're about the same as the Lightning, actually — and they clearly indicate that the "EcoBoost" V6 will give a good accounting of itself from a standing start, especially with the 4.10:1 rear-axle gear. The powertrain can be optioned with an electronic locking rear differential that reduces wheel slippage, especially when accelerating from a dead stop.

The Tremor also dominates the much larger and heavier SVT Raptor's 16.5/11.0 fuel economy.

Also looking good is the Tremor's interior, where Ford has tossed out the regular

2014 Ford Tremor

•Type. Four-door, rear-/fourwheel-drive full-size pickup

•Engines (hp). 3.5-litre DOHC V6, turbocharged (365)

•Transmissions. Six-speed automatic

•Base price (incl. destination) \$45,000

Fuel Economy

The rear-wheel-drive Tremor should deliver in the neighbourhood of 13 1/100 km city and 9.3 1/100 km highway. Those unofficial estimates will suffer a bit with optional four-wheel-drive and will likely take a real beating in the hands of buyers who actually drive the Tremor the way it's intended.

Design

The Tremor's distinguishing exterior features begin with an appearance package that includes a blackedout grille insert, darkened headlight and taillight covers, chromed exhaust tip and black 20-inch wheels with Pirelli Scorpion tires.



cab's standard cloth-covered bench seat and installed twin buckets covered in tasteful leather with faux suede inserts and contrasting piping. In addition, there's an industrial-looking floor shifter integrated with a generously sized console.

Included as standard is MyFordTouch communications and infotainment system (run by a touchscreen).

With a guesstimated starting price in the mid-\$40,000 range, including destination charges (about \$15,000 shy of the SVT Raptor), the well-equipped Tremor is a pretty appealing vehicle that just might catch on with pickup buyers looking for some show and go, as opposed to owning a straight-up work truck.

Compare



Chevrolet Silverado Base price: \$27,200



Ram 1500 Base price: \$28,700



Toyota Tundra Base price: \$28,400



metronews.ca
Wednesday, October 16, 2013

The minivan's evolution in America

Autoknow. If a Swiss Army knife could have four tires, fake wood trim and be related to the K-car ...

TODD D. BURLAGE

It's not very often that the right vehicle comes along at the right time, but when it does, it can be magic — although not necessarily a thing of beauty. Obviously.

The minivan was not a new concept (as Volkswagen would likely argue), but in North America, Chrysler was able to popularize the idea as a then-modern interpretation/evolution of a glorious piece of solid-gold Americana, even if the result looked like a garden shed with a sliding side door.

Previous to this, the "woodie" wagon class of vehicles (models were available from numerous automakers over the years) became a symbol of freedom and adventure through the 1950s. With their stunning real-wood exterior trim pieces, they might have actually been a bit extravagant for the average family, but the bar had been set.

When craftsmanship and

If the Brady Bunch did it...

Even the Brady Bunch packed the whole gang of nine into Carol's 1971 Plymouth Satellite woodie and headed to the Grand Canyon. style lost out to the 1970s — and the 1980s — boxy station wagons sported fake wood and decals to carry on the theme of the traditional woodie wagon, however watered down. Even the Brady Bunch packed the whole gang of nine into Carol's 1971 Plymouth Satellite woodie and headed to the Grand Canyon.

But evolution was way overdue when it came to family friendly transportation, and Chrysler Chairman Lee Iacocca had the perfect answer: the minivan.

Taller than a station wagon, smaller than a cargo van, and way more comfortable than either, the minivan blended the smooth handling of front-wheel-drive with the fuel efficiency of a regular car.

User-friendly sliding doors, plenty of cargo space, easy drivability and kid-friendly seating became the hallmark traits of the minivan, and the reason we recognize this unique piece of Americana as it celebrates its 30th birthday. On Nov. 2, 1983, in Windsor, Ont., production began on the first model of Iacocca's brainchild, and a new generation of family transportation was born, right alongside the soccer mom.

If you were alive in the 1980s and you weren't at some point ferried around in one of these little league taxis, you never lived. Well, that might be going a little too far. The minivan has been the butt of many jokes over the last three decades. You have seen the stickers in the back window, right? Well, "thank you for informing me that you have a stick-figure family of six plus dog and a cat and whatever that thing is at the end.



Good thing, because your minivan had me under the impression that you were wild and single."

That's just one.

Minivan vision, giantlike

The minivan concept was not necessarily a new idea. In fact, while Ĭacocca was working as an executive at Ford Motor Company, he pitched the idea of a smaller, front-wheel-drive van to Henry Ford II, but was shot down in flames. Iacocca moved on and got the last laugh when Chrysler essentially launched an entirely new vehicle segment in 1983 with production of the Dodge Caravan and Plymouth Voyager, both of which became staples in family driveways all across North America. By simply producing a compact box that drove like a car — a K-car as a matter of fact

of each other's airspace, Chrysler hit it big. And by 1988, more than 450,000 minivans were being sold each year. Finally, the family could roll comfortably through McDonald's drivethru to pick up a new delicacy called the McNugget, while listing to Billie Jean from Michael Jackson on the radio, on the way to National Lampoon's Vacation at the theatre, to watch the Griswolds make their way to Walley World amusement park in their Ford Country Squire woodie wagon, affectionately known as the Wagon Queen Family Truckster. Rival automakers took notice of the growing popularity and convenience of the minivan, but their reaction time was that of petrified stone and the Chrysler minivan fleet was too entrenched for others to make any kind of quick dent in Iacocca's juggernaut idea. General Motors eventually tapped the market with its Chevy Astro and GMC Safari. Ford countered with Aerostar, but Chrysler still controlled this segment through the 1980s and most of the 1990s until the Honda Odyssey and Toyota Sienna claimed a decent slice of the pie. But even today, Chrysler still owns the minivan market. The Dodge Caravan remained the world's bestselling minivan in 2012 and Chrysler has sold more then 13 million over the course of three decades, or about half of all minivans purchased in North America.

30 Years And Counting To celebrate the longevity



What does this minivan have in common with the first one? In principle, everything. Technically, though? Nothing. The first one had only a passenger-side sliding door; you're supposed to let the kiddies out onto the sidewalk and not into movino traffic. ALL IMAGES WHEELBASE

and success of its Town & Country and Grand Caravan minivans, Chrysler is releasing a special 30th anniversary edition of both models in November. And they are far from momma's minivan, decked out with aluminum wheels, thirdrow power folding seats, leather-wrapped heated steering wheel and a twinscreen Blu-Ray movie player. "As the minivan segment and innovation leaders,' said Ben Winter, Chrysler's vice-president of vehicle engineering, "it's important that we continue to offer tremendous content and value, setting us apart from the rest of the segment." And showing no real reason or sign of slowing down, Chrysler has committed resource and revenue to a full redesign of the Town and Country in 2015. Chrysler's 700C Concept at the 2012

Chrysler's goal

"It's important that we continue to offer tremendous content and value, setting us apart from the rest of the segment."

Ben Winter, Chrysler VP of vehicle

International auto show in Detroit, Mich., offered a glimpse of a lighter and more aerodynamic design to boost fuel economy. Whatever the minivan redesign looks like, be sure that soccer moms, little-league dads and road-trippers from all over suburbia will be loading them up and heading out to the Grand Canyon, Walley World or wherever.



Back in the mid-1980s, there was nothing like it, so Chrysler could do no wrong in the new "minivan" class. Today, with a serious group of competitors, the words "value" and "content" are used a lot around Chrysler.



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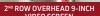


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Hyundai's futuristic safety double act

Autopilot. Automaker has paired the clever duo of Heads Up Display and Blind Spot Detection with excellent result for their flagship model the Equus



So many new features and functions are being baked into modern vehicles today that sometimes even really remarkable ones get overlooked or lost in the shuffle.

Especially if they're really tiny - the kind you could metaphorically sit on by mistake. As such, I would like to draw your attention to something small but big on Hyundai's flagship, the Equus. The big sedan was updated for 2014 and received a slew of new technologies and features. Among them were Blind-Spot Detection and a Heads-Up Display (HUD).

Now, both these features are cool enough, but certainly not NASA-like. What's unique and exciting is that Equus is the first vehicle ever to combine the two. It's like Bert and Ernie: Separately, they're funny, but together they can blow your comedy mind.

For those not familiar with Heads Up Display, it is a technology first developed for military aircraft. Information is projected right onto the windshield, so pilots could keep their "head up" and look forward, and not down and around, to where all the gauges are located. The HUD

data is small and transparent, so you can see through it. It doesn't affect forward vision.

The need to keep "heads up" is not as crucial in automobiles, but putting stuff like vehicle speed and navigation directions in a HUD is wildly convenient.

But Blind Spot Warnings in the HUD is a completely other thing — it really changes the way you drive in traffic. You never have to turn your head! You're always looking down the road and when vehicles come in and out of your rearflank blinds spots, you get a polite, little visual notice in the HUD.

I found this really reduced the stress of having to deal with other vehicles on the highway. I only attempted lane changes when I knew it was "all clear" and I never spent time looking and craning for gaps that never existed.

I always confirmed with shoulder checks, but no one was there when I did. It's a simple, brilliant, little piece of technology.

The only caveat is that it frees up part of the driving brain. This should be useful, but most times you just start having Seinfeld moments, and wonder about stuff that doesn't really help mankind, like why is breakfast sausage typically thinner than regular sausage?

I'm sure we'll see this technology trickle down to vehicles costing less than the \$72,229 Equus Ultimate. It's always happened before, with other useful technologies. Witness cigarette lighters, cruise, heated seats, air bags, ABS, etc.

But keep your eye on the Google Glass. It could be the wild card in the vehicle HUD story, as it seems bent on be-





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See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

T Aries

March 21 - April 20 Nothing is beyond your

capabilities today but you must be clear what you desire. If not, you may scatter your energy while failing to reach the one destination that matters.

Taurus April 21 - May 21

Someone who usually gives you a hard time will be as nice as pie today and you will be a bit suspicious. They do want to improve your relationship. Meet them halfway.

II Gemini May 22 - June 21

People are different and clashes of opinion are inevitable. It is how you choose to deal with them that counts. Don't try to shout others down. Discuss your differences rationally.

9 Cancer

June 22 - July 23

Listen to and act upon your instincts. If you proceed on the assumption that your inner voice knows best, you won't go wrong. If you listen to "experts", you may go everywhere but where you should.

$\mathbf{\Omega}$ Leo

July 24 - Aug. 23

The more others tell you that something cannot be done, the more you will strive to prove them wrong. You won't even have to strive too hard as everything comes easy to you now.

My Virgo Aug. 24 - Sept. 23

The cure for the blues is action, so throw yourself into something that requires effort and concentration today and you will soon forget your worries — and you'll be in a more positive mood to deal with Friday's eclipse.

△ Libra

Sept. 24 - Oct. 23

Venus, your ruler, linked to Uranus, planet of the unexpected, will bring nice surprises today but don't take anything for granted. Find ways to show you appreciate it.

M Scorpio

Oct. 24 - Nov. 22

Your enemies may be tough but you are tougher and no matter how hard they try to outsmart you over the next 24 hours, they won't succeed. Be gracious and forgiving in victory. It'll annoy them more.

プ Sagittarius

Nov. 23 - Dec. 21

Someone new will come into your life over the next 24 hours, someone who makes a big impression. Will you fall head over heels in love? Maybe. But even if you don't, it's a friendship made in heaven.

り Capricorn

Dec. 22 - Jan. 20 Today's Venus-Uranus link will perk you up and help you see that even when things seem to be going wrong you are still moving in the right direction. Don't worry about tomorrow.

≫ Aquarius Jan. 21 - Feb. 19

Push your luck as far as it will go today. You may be surprised how easily others give in to your demands. For best results though, make sure they gain too. There's more than enough good stuff to go around.

) Pisces

Feb. 20 - March 20

Go all out to impress those in positions of power. The more you act as if nothing is too much, the more inclined others will be to shower you with praise. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- 1. Cinch
- 5. Legendary filmmaker, B. DeMille (b.1881 - d.1959)
- 10. Epiphanies
- 14. Apple or pear, in botany
- 15. "What to do then?"
- 16. V- sweater
- 17. Largest continent
- 18. Tarnish
- 19. Squirrel's nest
- 20. Burnaby, BC-born soccer star, Christine
- 24. The Wind in the Willows amphibious character: 2 wds.
- 25. Office note, commonly
- 26. Sofa
- 32. __deer 35. Pre-euro moneys
- 36. Tint-to-hair applier
- 37. Howe'er
- 38. Called-one's occupation
- 39. Rock producer Brian
- 40. Saturate
- 42. Tom Cruise's first wife Ms. Rogers, and
- namesakes
- 44. Pitfall 45. Reconvening-of-
- Parliament delivery: 2 wds.
- 48. Calcium-rich vegetable
- 49. Where Georgetown is the capital 53. Failed the test,

40

45

62

- 56. Ontario/Quebec body of water: 2 wds. 58. Elvis Presley's atbirth middle name 59. oil
- 61. Theatre award
- of the Eternal City 64. Just about

63

18

42

65. Snick-or-66. Distort

62. Styx song 63. Ancient inhabitant

- 67. Pink Floyd's late guitarist Mr. Barrett, and others
- 1. Muscle cramp 2. Reply to a Drill Sergeant: 2 wds. 3. Make _ __ (Bring in the big bucks)
- 4. Bright bird
- 5. Nova Scotia:
- attraction, Halifax 6. Actor Mr. Morales
- Star-shaped military
- 8. Roadside stop 9. Pen-to-paper messages 10. Mobile device

7. Coconut fibre

64

- operating system 11. Greek Myth:
- Olympian queen 12. Performed perfectly

- 13. Scottish dog breed, Terrier 21. -di-dah
- 23. Global currency ora.
- 25. Not-nice person
- 27. Actor Gary
- 28. Toronto:
- International Hotel & Tower
- 29. Glaring glancer
- 30. Ms. Horne
- 31. Fall
- 32. __. Helens, Wash.
- 33. "Whoops!": 2
- wds.
- 34. Glide 41. Beer brewed in
- Creston, BC
- 42. 'City of Northern Lights' in Saskatch-
- ewan 43. Section
- 44. "O Canada" part that 'in all of us' is
- more gender-neutral
- than, as in recent
- headlines: 2 wds. 46. Grandmother, to
- some 47. Pool stick
- 50. Convent
- 51. Greek Myth:
- Water nymph
- 52. Tourist attraction in Australia, __ Rock
- 53. Talks 54. Port city of Algeria
- 55. Bride-56. Mr. Hendrix
- 57. Ms. Gardner's
- 60. Down

Yesterday's Crossword

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How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

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5	9	7	4	1	В	8	3	2
4	1	2	8	3	9	7	6	5
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Thursday 17°/8 Variable

Know what the weather will be 14 days from now. Check the 14 day trend.

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